



Are my coaching sessions nurturing and supportive?

Self-Assessment Checklist Parent + Family Coaching

An Adaptation from: Who Me? Lead A Group? By Jean Illsley Clarke

Self-Assessment Checklist

Opening

- Y** **N** Did we start on time?

- Y** **N** Was the opening warm and inviting?

- Y** **N** Did I negotiate goals for the session with my client?

- Y** **N** Did I ask about my clients expectations?

- Y** **N** Did I offer an explanations for the expectations I could not meet or honor?

- Y** **N** Did I clearly preview what content and activities to expect during the coaching session? Big picture for those who like security, briefly for those who prefer to plunge right in.

Notes

Self-Assessment Checklist

Body

Y **N** Did I "tell" content less than 30% of the time? How often did clients "discover" content?

Y **N** Did I use words, looks, touch or other forms of communication to invite clients to be equal with me and others? List specific ways.

Y **N** Did I validate my clients for being exactly where they are and invite them to change if they want to? Explain.

Y **N** Did I present "enough" information, and not "too much?" Explain.

Y **N** Did my clients move or talk every 20 minutes?

Y **N** Did I provide auditory and visual content for the Kinesthetic Learner?

Y **N** Did I provide sufficient clear take home material if appropriate?

Y **N** Did I like the movement or flow of the session?

Notes

Self-Assessment Checklist

Closing

- Y** **N** Did I refer back to the expectations contracts and honor them?

- Y** **N** Did I refer back to the client's goals?

- Y** **N** Did I thank everyone for their contributions?

- Y** **N** Did I affirm my client at the end of the session?

- Y** **N** Did we end on time?

- Y** **N** Did I end with a higher level of energy than when I started?

- Y** **N** Did my clients end with a higher level of energy than when they started?

Notes

Self-Assessment Checklist

Contracts + Congratulations

What contracts will I make with myself to improve my sessions in the future?

How will I congratulate myself and celebrate that I did well in this coaching session?

In what ways did I take care of myself? (mental + physical health, working conditions, etc.)

Notes

Ready to elevate your coaching experience?

Congratulations on completing the free self-assessment tool! Your commitment to nurturing and supportive coaching sessions is admirable. Now, it's time to take your personal and professional growth to the next level.

Join Our Connection Group: Our Connection Group is the perfect complement to your dedication to nurturing and supportive coaching. In this vibrant community, you'll find a haven where like-minded individuals come together to foster growth, empowerment, and genuine connections.

Amplify Your Progress: Imagine being surrounded by a group of individuals who share your passion for personal development. Our Connection Group offers the opportunity to accelerate your progress through collective wisdom, group coaching sessions, and Generative Knowledge Coaching techniques. Together, we'll help you achieve breakthroughs and unleash your true potential.

Cultivate Lasting Connections: Experience the power of an uplifting community that will support you on your journey. In our Connection Group, you'll forge meaningful connections with fellow members who understand and appreciate the importance of nurturing and supportive coaching. Share insights, seek advice, and celebrate each other's successes as you grow together.

Propel Your Coaching Practice: Are you looking to enhance your coaching practice and expand your impact? Our Connection Group provides a rich environment for learning, sharing best practices, and gaining invaluable insights from fellow coaches. Boost your business acumen, discover innovative strategies, and unlock new opportunities for success.

✧ Join Us Today: Ready to embark on a transformative journey alongside a community that aligns with your coaching values? Join our Connection Group and experience the power of nurturing and supportive connections firsthand.

To join, visit www.parentcoachconnection.com/conngroup-registration and continue nurturing your coaching practice in an environment that supports your growth.

Don't miss out on this incredible opportunity to nurture, support, and be supported. Your journey to becoming the best coach you can be starts here!

START CONNECTING!

