



COACHING EXERCISE #24

Coaching Completion Reflection

Coachee Instructions: I enjoyed working with you during our coaching engagement. The following questions will help us to provide closure to our coaching work together and will help summarize your new insights and commitments to actions and behaviors to continue your development journey. Please feel free to write out the answers to the questions below or simply reflect on them in preparation for our next coaching session so that we may discuss them in more detail.

1. What has changed for you as a result of our coaching engagement?
2. What new things have you learned about yourself?
3. How has the coaching process helped you on the job? Outside the job?
4. What, if anything, would you like to say to me that you have not so far in our coaching engagement?
5. What has worked well for you in our coaching sessions?
6. What has not worked or what would you liked to have seen more of in our sessions?
7. What behavior(s) are you committing to continue working on after our coaching engagement is completed?
8. What fears, anxieties or concerns do you still have in addressing one or more of the issues we worked on together?
9. What new areas do you wish to grow more?
10. What new obstacles are in the way?
11. How do you want to honor and celebrate yourself in this ending of our coaching engagement?
12. How should our relationship continue when our coaching is completed?

