

## The Coaching Practice Planning & Reflective Framework (Muir et al, 2011)

- How engaged are the participants before, during & after activity? Did it support them towards their goals?
- How much time do they spend 'doing' during a session? Listening? Responding to questions?
- How often do they have to think during sessions?

- How did you coach before, during and after the sessions to support their progress?
- Did you set or solve problems?
- Did your approach promote learning / improvement?
- What were the participants doing during interactions? What were you doing?



- What activities were planned & why?
- How was the activity structured to help the participant/s progress towards objectives?
- How would you categorise each of the activities you used?
- Do the activities relate to one another and the objective? If so, how?

- What were the session objectives?
- Where did the objectives come from?
- What are you trying to achieve (short, medium, long-term)?
- Is there a balance between group and individual objectives? Development?
- Do they build on previous sessions or lead to where you intend to go?