

COGNITIVE COACHINGSM SELF-ASSESSMENT

Name: _____ Date: _____

When using instrument for reflecting, indicate your current level of the following tools.

1=unaware 2=aware, not evident in practice 3=with conscious effort 4=with automaticity

TOOLS	1	2	3	4
Use a wide repertoire of nonjudgmental response and invitational behaviors to maintain trust and promote thinking:				
<i>Establish rapport by matching:</i>				
• posture				
• gesture				
• tonality/volume/pace				
• language				
• breathing				
• filters of perception				
- cognitive style				
- educational belief systems				
<i>Pause to:</i>				
• give partner time to think				
• take time for self to craft responses				
<i>Paraphrase:</i>				
• paraphrase emotion				
• paraphrase prior to posing a question				
• use a range of stems				
• acknowledging				
• organizing				
• abstracting				
<i>Pose Questions/Mediative Questions</i>				
• use invitational stems				
- approachable voice				
- plural forms				
- tentative language				
- positive presuppositions				
- open-ended				
• engage specific cognitive operations				
• are intentional				
- exploring thinking				
- specifying thinking				
<i>Provide data</i>				
<i>Pace:</i>				
- empathy				
- content				
- goal (broad, destination, 1 st party)				
- pathway				

When using instrument for reflecting:

1=unaware 2=aware, not evident in practice 3=with conscious effort 4-with automaticity

TOOLS (continued)	1	2	3	4
<i>Lead:</i>				
• start with SOM question				
• continue guided by responses				
• maintain empathy and rapport				
• use cognitive shift strategies				
• recognize and respond to BMIRS				

MAPS	1	2	3	4
<i>Apply regions of Planning Conversation Map</i>				
• clarify goals				
• specify success indicators				
• anticipate approaches, strategies, decisions and how to monitor them				
• identify personal learning focus				
• reflect on the process and explore refinements				
<i>Apply regions of Reflecting Conversation Map</i>				
• summarize impressions and recall supporting information				
• analyze causal factors				
• construct new learning				
• commit to application				
• reflect on the process and explore refinements				
<i>Apply regions of Problem-Resolving Conversation Map</i>				
• Existing State				
• Desired State				
• Resources				

STATES OF MIND	1	2	3	4
<i>Use language to engage and activate internal resources:</i>				
• consciousness				
• craftsmanship				
• efficacy				
• flexibility				
• interdependence				

CAPABILITIES	1	2	3	4
• Know one's intentions and choose congruent behaviors.				
• Set aside unproductive patterns of listening, responding, and inquiring.				
• Attune to and adjust for human uniqueness.				
• Navigate between and within coaching maps and support functions to guide mediational interactions.				

When using instrument to observe (e.g., video):

1-not observed 2-inconsistent 3-consistent 4- transforming