

Adaptive Schools Trainer's Self-Reflecting Conversation Template

As part of the requirement to become an Adaptive Schools trainer, you will be taping yourself presenting the Adaptive Schools content (Agency Trainer) or facilitating a group (Training Associate). After viewing the tape, you will complete the Adaptive Schools Presentation Skills Self-Assessment Rubric (Agency Trainer) or the Facilitation Skills Self-Assessment Rubric (Training Associate) and write a reflective paper, following the Cognitive CoachingSM Reflecting Conversation Map below. The structure below is provided to guide your written reflection; please feel free to add other thinking to your written reflection.

1. How am I feeling about my video?
or
What do I think of my video?
and
What makes me feel/think that way?
2. Choose from the following and/or add those of your own:
 - What are some of the things I did that supported thinking?
 - How did I make decisions about what questions to ask?
 - What was my awareness of the group's energy sources?
 - How did the facilitation go compared to how I thought it would?
3. What I am learning that I want to focus on for my growth in the Adaptive Schools work?
4. When might I have an opportunity to apply that learning?
5. How has this reflection supported my thinking about my growth as an Adaptive Schools trainer?