

## TRAINER'S SELF-REFLECTING CONVERSATION TEMPLATE

As part of the requirement to authorize for the Calibrating Conversation, you will be taping yourself conducting a calibrating coaching conversation. After viewing the tape, you will complete the Calibrating Self-Assessing Rubric and write a reflective paper, following the Reflecting Conversation Map. The structure below is provided to guide your written reflection; please feel free to add other thinking to your written reflection.

1. How I feel about my video?

or

What I think of my coaching in the video  
What makes me feel/think that way?

2. Choose from the following and/or add those of your own:

- Some of the things I did that supported thinking
- How I made decisions about what questions to ask
- My awareness of the coachee's SOM
- My awareness of the coachee's BMIRS
- How the conversation went compared to how I thought it would

3. What I am learning that I want to continue to focus on as I coach

4. When I might have an opportunity to apply that learning

5. How this reflection has supported my thinking about my coaching