

FORMATIVE ASSESSMENT 2



Demonstrate your understanding of theoretical perspectives in coaching by examining in detail one perspective, which particularly resonates with you.

Select a model that will allow you to structure your coaching within this perspective and look at the tools and techniques that can be used to undertake an initial coaching session using this model.

Record a coaching session applying the perspective, model, and tools that you have selected and critically reflect on this process – for example, what worked well?

Where could you improve?

Was your use of language appropriate?

Did you engage in active listening?

How was your time management of the session?

Did the theory inform your practice?

SUBMISSION

- Attach your voice or video recording of the coaching session
- Attach your coaching plan
- Attach your notes from the session showing your use of an appropriate model
- Attach your reflective analysis using a reflective model