



GROWTH
COACHING
INTERNATIONAL

REFLECTIVE PRACTICE WORKBOOK

Enhancing the quality of conversations in education communities

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Reflective Practice: Sessions

Part A: My Focus

Session Date:

What topic /coaching
experience will I present?
Which tool, if any, would I
like to use?

Preparation notes and best
hopes for the session

Ideas / suggestions from
colleagues about my topic /
coaching experience

Reflective Practice: Sessions

Part B: Focus Of Colleagues

What insights / ideas / wisdom am I noticing as I listen to what my colleagues present?

Reflective Practice: Sessions

Part C: Post Session Reflection

Learning from this Reflective Practice Session:

What will I continue to think about?	
♦ What will I continue to transfer into practice? ◇ What would be first signs? What would I notice if I was doing this?	
What small steps will I take?	
What are my best hopes for my coaching over the weeks ahead?	