Welcome to your Mentor Coach Reflection Journal.

Throughout the course, you will be prompted to write your thoughts, ideas and reflections about your learning journey as a Mentor Coach. We hope that along with viewing the modules and practicing written feedback, you will find that taking time to reflect along the way will support and strengthen your mentoring skills.

This is a fillable form, and you can save it as your complete each module.

When you complete the course, please send your completed journal to sheriandjamee@coachcachet.com and we will send you your certificate of course completion within 7 business days.

MODULE 1

How do you strengthen your listening as a mentor?

What did you notice in this session? Did you pick up some key competencies?

What other skills did you hear this coach display?

What might you acknowledge them for? Did you notice any potential growth areas?

What are your goals as a mentor coach?

What is most important for you to convey to your mentee?

What are some unique skills that you bring to the mentoring table?

What does it mean to you to model and promote ethical practice?

MODULE 2

As a mentor, what will you be listening for as your mentee sets the agreement?

What is the signal that a good agreement has been set and what might be missing if the agreement is not complete?

What did you notice in this session? Did you pick up some key competencies?

What other skills and growth areas did you hear this coach display?

How might you acknowledge this coach?

MODULE 3

What did you notice as you were listening and filling in the Feedback form?

Were you able to pick out some evidence to include in your feedback?

What did you find challenging or surprisingly easy?

MODULE 4

Regarding Mentor Coaching Competency B.3. 1

How do we create trust and safety with our mentees?
What does it mean to respect our mentees autonomy?

Regarding Mentor Coaching Competency B.3.2

How do you see bringing the skill of allowing space from your role as a coach to your role as a mentor? How might it impact your mentees when you take the time to do this?

Regarding Mentor Coaching Competency B.3.3

How can we help our clients with skill integration in between mentor sessions? What are some ideas you have that have worked for you as you have grown your own coaching?

MODULE 5

What did you notice as you listened?

Which competencies seemed to be easiest to listen for? Where were you challenged?

How are you building your ability to make choices about what you want to note and share with your mentee?

MODULE 6

Regarding Mentor Coaching Competency C.4.1. C.4.2 C.4.3
How might you notice that a mentee is exemplifying coaching presence?

What about Listening Actively? What is the coach doing, saying or not saying, that exemplifies that competency?

Which competencies do you naturally notice more easily? Where do you feel you need more practice?

Regarding Mentor Coaching Competency C.4.4
What is something you noticed that you might talk to this coach about?

What ideas do you have to share? How would you work with this mentee in a conversation to address that growth area?

What is something you noticed that you might talk to this coach about? What ideas do you have to share?

How would you work with this mentee in a conversation to address their established skills?

How would you work with this mentee in a conversation to build on that skill set? What ideas do you have to share?

MODULE 7

What did you notice as you listened? Were you able to identify some “evidence” for what you were hearing?

How do you see yourself developing your mentor skills as you work through this program?

MODULE 8

Regarding Mentor Coaching Competency: C.5.1
How do you identify a mentee's values? What might they say or do that would give you a hint?

What if your mentee has a style of coaching that is different from your style of coaching? How can you set the style aside and mentor on the coaching skills you see in your mentee?

Regarding Mentor Coaching Competency: C.5.2
As you think about your mentoring clients, how might you listen for the competency Evokes Awareness in their coaching?

How might you differentiate between the credential levels of the coaches you mentor?

Regarding Mentor Coaching Competency: C.5.3 and C.5.4
Do you see any examples of your mentee noticing and identifying nonverbal cues?

Did they notice an energy shift or inquire about something that might have been underneath what was being said by their client?

How might You express your insights verbally to your mentee in a way that is meaningful?

MODULE 9

Regarding Mentor Coaching Competency C.5.5 and C.5.6
What are some ways you can prepare yourself to effectively exemplify these competencies? Where might you find challenges?

What do you see as the benefit of learning how to do this well?

Regarding Mentor Coaching Competency C.5.7 and C.5.8
What are some ways you can identify a mentees' learning style? What resources might you share?

What did you notice that you think you would want to talk to this coach about? How would you go about sharing your thoughts?

How would you elicit your mentee's ideas?

What is the best way to make this a meaningful conversation for your mentee?

MODULE 10

What do you notice about how you are working with the feedback form now that you have tried it several times?

Where is it still challenging and where is it getting easier?

Please reflect on a few insights you have received while taking this program and what is next for you in terms of your mentor coaching development.

MODULE 11

What are you noticing as you practice?

Are you noticing you are expanding your own style as a mentor?

Are there strategies that you are developing to make the process more seamless, and what are they?

What did you notice as you listened?

Were you able to identify some “evidence” for the competencies you were hearing?

Were you able to make some notes for the conversation you would be having with this coach?

What are the skills you have developed and where are your growth areas?

MODULE 12

What skills are you working to improve in terms of your listening while reading the transcript and noting your observations?
How could you challenge yourself to accelerate your growth?
What skills have you developed?

What strengths have you developed?

How will you build on those skills and strengths as you move forward as a mentor?

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Congratulations and thank you for your time and your commitment to your own development. It's been our pleasure to be part of your learning journey, and we hope you enjoyed it.

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