

## SELF-COACHING EXERCISES

The aim of this self-coaching sheet is to help you endorse or strengthen your role as a coach, as well as assess its feasibility in your professional context.

### **Exercise 1:**

Do you feel in tune with this role of coach? If yes, please list up the elements that support this approach within your company.

Is it possible for you to implement this approach in your workplace? If not, what would you need to do so? Who could help you in this regard?



### **Exercise 3: The aim of this exercise is to give you the opportunity to test your talents as a coach**

#### *Part 1:*

You may select a “guinea-pig” who voluntarily agrees to go through the experiment. Once this is done, you can re-use the MPC model and proceed step by step.

#### *Part 2:*

Plan regular feedback interviews with the person you coach that are specific to individual coaching. The goal is to answer your questions regarding the quality and relevance of this work. You can do this by asking the person you coach such questions as:

- How is your experience of this coaching?
- Have you seen concrete results from this process? If yes, which ones?
- What would you like to develop?
- What points could the coach improve?

Do not be afraid of “critical” or “negative” elements. It is normal not to be able to master a process all at once. Moreover, just like anything else, no coaching can be perfect.

#### *Part 3: Your development plan as a coach*

Professional training/coaching	Personal development	Deadlines
<b>Methodological elements to develop:</b> <ul style="list-style-type: none"> <li>– Technical tools</li> <li>– Action plan</li> <li>– ...</li> </ul>		
<b>Behavioral criteria for the coach :</b> <ul style="list-style-type: none"> <li>– Listening</li> <li>– Global approach</li> <li>– Excès de conseil</li> </ul>		