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WEEK 3: Coaching Demonstration 1: REFLECTION ON COACHING / COUNSELLING SESSION:

(Concepts / Skills: Core Values, Initial Rapport, Outline the Process (5As), Non-verbal Skills, Para-verbal skill) 15% of total mark

1. Reflect on your wellness before the coaching session: Rate it on a scale of 1 (horrible) to 5 (excellence). Expand to explain the rating a bit. (WHAT) How your level of wellness impact your coaching– either positively or negatively. Explain with details. What connections can you make between ‘how you are feeling’ and the way your process went? (SO WHAT)? How can you apply this learning for next time? (THEN WHAT).

Prior to initiating a coaching session, I felt positive and self-assured, rating my well-being as a 4 on a scale of 1 to 5. This confidence cultivated an optimistic self-perception. Although I had meticulously prepared my script, aiming to deliver an exceptional performance, there was an underlying sense of nervousness, stemming from my lack of experience in this specific type of coaching. However, my confidence and positivity proved advantageous in establishing trust with my client. The insights gained from this session have equipped me with valuable experience, ensuring that in future coaching endeavors, nervousness will no longer be a concern.

1. Using the concepts discussed in the week 2 lecture (only related to **initial rapport & outlining the process**), also think about the feedback from your debrief conversation with your learning circle, describe and expand on ‘what went well’ and “what could be done differently/better/more effectively” in your coaching sessions. (List the macro and micro skill(s), describe & provide specific examples, explain why you believe this & how it came to fruition and what you will do with the learning going forward.)

From the outset, my interaction with the client was positive. Greeting her with a smile, I used her name, introduced myself as a fitness instructor, offered her a seat, and engaged in light conversation. However, I inadvertently asked if she encountered any difficulties with the paperwork, overlooking the fact that she had already submitted it. This question, in retrospect, seems inapt. Nevertheless, I effectively communicated the process outline. Towards the end, I inquired if she had any doubts, ensuring clarity. In my opinion, these two aspects of the session – explaining the process and addressing her doubts – were particularly successful in our interaction.

1. Using the concepts discussed in the week 2 lecture (only related to **non-verbal and para verbal skills**), also think about the feedback from your debrief conversation with your learning circle, describe and expand on ‘what went well’ and “what could be done differently/better/more effectively” in your coaching sessions. (List the macro skills and micro skills, describe & provide specific examples, explain why you believe this & how it came to fruition and what you will do with the learning going forward.)

Regarding my non-verbal communication skills, three aspects were particularly effective. I maintained an open posture by sitting at an angle with my arms and legs uncrossed, and kept consistent eye contact with the client throughout the session. However, I experienced a brief moment of nervousness during the middle of the session, evidenced by my repetition of a question to the client. This lapse, lasting about 10 seconds, inadvertently revealed my anxiety. Reflecting on this, I realize there was no justification for my nervousness and repeating the question. An apology to the client for this repetition would have been appropriate. This experience has been a learning opportunity, and in future sessions, I will be more conscious of the questions I pose and plan to ask. As for my para-verbal skills, I successfully avoided using verbal fillers and nodded to indicate agreement or positive response. Nevertheless, I recognize that incorporating verbal affirmations could have enhanced the effectiveness of our communication.

1. List the 6 coaching core values. Reflect on your coaching session, were you able to integrate some of the values in your coaching?
   1. If yes, which ones and how? (Provide concrete evidence). How would you like to improve upon this in future?

During the coaching session, I demonstrated a strong commitment to respecting my client's autonomy. As she shared her active exercise history, which involved exercising without specific goals or guidance, I engaged respectfully. I inquired about the duration of her current regimen and the benefits she perceived from it. This approach not only showed respect for her routine but also opened the door for me to introduce more structured exercise concepts. I explained the importance of targeting either the musculoskeletal or cardio-respiratory system, briefly outlining the distinctions and functions of these systems within our body. This discussion led her to a realization that she wished to enhance her flexibility, a testament to the effectiveness of my respectful inquiry and guidance.

In the future, I intend to maintain this approach: listening attentively to all clients, respecting their previous exercise routines, and offering my expertise with full confidence and competitiveness. This strategy not only adheres to my core values of respect and excellence but also ensures that my clients receive personalized and effective coaching.

b.If no, upon review of your session do you see opportunities where you could have integrated the core values? Or how do you see an opportunity to do so in future sessions?

1. Related to the skills being used / observed in this coaching practice (those on the rubrics), what was your biggest coaching take away from the learning circle? (it could be something you learned from playing any or all of the 3 roles that will support your coaching practice going forward).

My foremost takeaway from the learning circle was the realization that embodying the role of a coach is a significant skill in itself. This aspect of the experience was particularly intriguing. Given that all participants were classmates, each familiar with the coaching process, the dynamic of coaching someone who is well aware of your techniques posed a unique challenge. The awareness that any mistake might be quickly noticed by the other person could be intimidating. Despite this, I approached the situation fearlessly, giving my best. This experience was instrumental in bolstering my confidence, solidifying my belief that it will pave the way for me to become a more assured and effective coach.

**Assignment Submissions include:**

1. Completed ‘Feedback Checklist’ (the form you filled out as observer) *– submit in class*
2. Completed Coach Self Assessment (for yourself after you coach) *– submit in class*
3. Reflection on Coaching – 5 questions above
4. Completed Coaching Assignment Rubric (you grade your own reflection using the rubric provided)