

Self-Coaching and Reflection Worksheet

“Things do not grow better; they remain as they are. It is we who grow better, by the changes we make in ourselves.” — Swami Vivekananda

Congratulations!

Now that you’ve worked through this Psychological Safety Action Pack, it’s time to turn the spotlight back on yourself. Take the time to self-reflect and consider your own learning, development and next steps.

Allow yourself at least an hour to complete this exercise, and ensure that you are free from distractions or interruptions where possible. You may also wish to work on this over two separate sessions with a day or two in between, to allow for ideas to come to you more naturally over time.

Print the following page or make your own copy to edit. Note that you may find it easier to think more deeply if you print it out or use a whiteboard or flipchart to hand write your response. Computers can be very effective distraction devices.

Start with the box at the top of the worksheet, but then answer the rest of the questions in any order.

This process of self-reflection will help inform and improve your next cycle of team development.

Write down some words that come to mind when thinking about this process.

What did I do well?

Where did I struggle to do as well as I'd hoped?

What did I enjoy about this process?

What did I not enjoy about this process?

What did I learn about myself?

What will I do differently next time?

Make a note of anything else that has occurred to you during this exercise.

