**LC-L4 Candidate Self-Review of Life Coaching Practice**

Candidate’s name: (Life Coach) …………………………………………………………… Date: ……………………….………….

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| Client: …………………………………………………………… |
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| Comment on how you formed and maintained the life coaching relationship: |
| Comment on how the focus for the session was agreed: |
| Comment on your use of life coaching skills: |
| Comment on how you supported your client to cope with their particular life stage: | |

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| Comment on how you worked with your client’s motivation: |
| Comment on how you supported your client to flourish: |
| Comment on what theories and/or techniques you used in the session, explaining why you used them and how effective they were: |
| Reflect on the session identifying what worked well and what you could have done differently: |