

LC-L4 Candidate Self-Review of Life Coaching Practice

Candidate's name: (Life Coach) Date:

Client:

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:

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: