

LCS-L3 Candidate Self-Review of Life Coaching Skills

Candidate name: Date:

The session

Describe something you did well in the session:

Identify something you could have done better. Say how:

What theories, techniques or concepts helped you understand your coachee:

Comment on how the life coaching relationship was formed and maintained:

Reflection on the session

Were there any issues of similarity or difference between you and your client? How did you work with this:

Comment on how you worked with your coachee around negotiating tasks to meet their goals:

Any other comments: