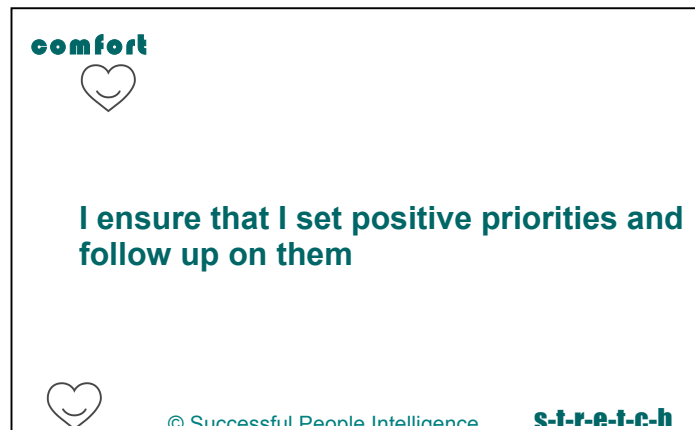


Coaching Cards ~ Ideas for use



Create your set of coaching cards

- Print off the template *Coaching Questions* on to cards
- Cut them out so you have a stack of 52 cards

Coaching conversations can be started by responding to the statement on each card.

Am I comfortable with this statement when applied to me?

Does this statement describe an area of development that's a stretch for me?

Share both (or, if more than 2 people, all of) your views on how the statement applies to me.

What action can I take to grow or develop in this area?

Ideas for use

Pairs or team ~ Decide whether you'd like one to one or team feedback about you

Random ~ Stack as a pack and take one in turn

Deal ~ Deal out a few cards each and select the one that gives you most scope for discussion

Selective ~ Spread the cards out and choose one that you would like to explore further

Challenging ~ Ask others to select the card for you that they believe is most helpful to you



This symbol represents **self esteem**, valuing yourself, being true to yourself.

It's on the cards to remind you to talk to the person's self esteem, keeping in mind that your discussion will be mostly about the person's behaviour not about the person.

Value the person.

Give feedback, make suggestions about her /his behaviour ~ what they do *not* who they are.