

Reflective workbook

This template has been designed to complement the Community Coaching Essentials Skills – How you improve module.

Use the template during or after the module to develop how you might use reflection to improve and become a more effective coach.

Whilst completing the How you improve module, consider:

* how you can implement the information you learn from the module into your own coaching environment.
* how you can begin or further your own self-reflection as a coach.

Space is provided throughout this workbook for you to document your thoughts and ideas. If needed, you can enlarge the free text boxes by clicking anywhere in the box and dragging the bottom edge down.

## Creating a positive, safe and inclusive environment

* What does a positive, safe and inclusive sport environment look and feel like to me?

*Write here*

* What does a positive, safe and inclusive sport experience look and feel like to my participants?

*Write here*

* What challenges do I face in creating a positive, safe and inclusive experience for my participants and how might I overcome them?

*Write here*

## What to consider

* What impact will reflection have on my coaching and the experience of my participants?
* What could effective reflection involve and what will I do to start this process?
* How can I put what I reflect on into practice?

Develop a plan for using reflection more effectively. Consider:

* different ways to reflect and what works best for me
* what I will reflect on
* when I will reflect
* the purpose of reflecting before, during, or after each session
* how I will put my reflections into practice to improve my coaching and the environment I provide for my participants.

*Write plan or list ideas here*

## Position statements

Consider the knowledge you have gained from the Community Coaching Essentials Skills – How you improve module and your responses in this document to come up with three statements that describe:

1. **How I CURRENTLY create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I WANT TO create a positive, safe and inclusive learning experience for participants to learn, enjoy and thrive through sport.**

*Write here*

1. **How I will achieve my goal of becoming a more effective community coach.**

*Write here*

**Learn more about community coaching at** [**Community Coaching | Australian Sports Commission (ausport.gov.au)**](https://www.ausport.gov.au/coaching/community)