

Before the session chat

It is useful for the coach developer (CD) to talk to the coach before the session starts. It will help you understand what the coach is trying to achieve and what you should be looking for and how you can help.

It is a good idea to narrow the focus of the observation to one or two specific areas. If the coach has a session plan, that would be a great start. If not, no problem, just discuss the objectives for the session and what the coach intends to do to achieve the objective.

If there were some things that you discussed last time, it would be useful to see if the coach has worked on those.

The coach may ask you to look at something particular in the session, perhaps an area they want to work on, or you might suggest ideas that came up in the last session.

If there is something particular, you could agree on what your role as a CD will be, what you will focus on observing, something that will help the coach. If nothing specific comes up, just observe the coach in action and the responses of the participants and work from there.

Revisit any coaching / practice guidelines provided by the NSO, this will provide a basis for reflection and discussion post session.

