

KDVI GROUP COACHING PRACTICUM

Reflective Journaling Module I

Think about the group coaching experience and what aspects made an impression on you.
Ask yourself the following questions: .

For yourself

1. What happened?
2. How did you feel?
3. What were your thoughts?
4. How did you respond?
5. What other responses or actions could you have taken?

For group coaching

1. What theories, techniques and skills were used?
 2. How did these work out?
 3. Which dynamics emerged?
 4. What alternative tools/techniques/skills could have been used?
- .