

## SELF REFLECTION QUESTIONS

Did I plan an appropriate lesson to match my client's needs?

Did I involve my client in a genuine two-way discussion about the aims of the lesson?

Did I take account of my client's views, opinions and feelings when agreeing the goals of the lesson?

Did I use GROW or an alternative coaching] client centred approach?

Was the route s/ training area suitable for my client's ability and the lesson subject?

Was the training method suitable for my clients learning style / needs, and the lesson subject?

Did I adapt the lesson plan when appropriate to suit the situation and my client's needs?

Did I make my client aware of any risks, and establish their level of responsibility in managing them?

Did I manage risks appropriately?

Did I communicate clearly with my client?

Was the timing of my communications appropriate?

Was I aware of the actions and likely actions of other road users at all times?

Was I aware of the actions and likely actions of my client at all times?

Did I give appropriate feedback to my Client?

Did I encourage / enable my client to analyse problems?

Did I encourage my client to take responsibility for their learning and development?

Did I take advantage of suitable opportunities to enhance or consolidate learning?

Did I deal with my client's questions appropriately?

Did I treat my client in a professional non-discriminatory manner?

Did I enable my client to self-reflect on their learning?