

# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## ACC-Level Final Reflections Worksheet

***Please respond to the following questions and then submit your responses via the online learning portal.***

- 1 | How has your understanding of coaching and its practices changed as a result of participating in the Coaching School?
- 2 | In what ways has the Coaching School experience increased your capacity to lead others, and to lead change?
- 3 | Which coaching concepts, models, or approaches covered in this course did you find to be most helpful when serving as a coach to others?
- 4 | Which coaching skills/competencies covered in this course did you find most impactful as a coach?
- 5 | Of the 8 core competencies, which one needs greater attention and further development right now?
- 6 | What is your definition of coaching? How will you describe coaching to current or prospective clients?
- 7 | How would you define your coaching philosophy? What be some of your core beliefs and assumptions you would convey to current and prospective clients?
- 8 | What are your next steps for furthering your coaching knowledge, skills, and practice?
- 9 | How might Vibrant Faith support you in your ongoing development as a coach?



[jladoux@vibrantfaith.org](mailto:jladoux@vibrantfaith.org)



[surfacetosoul.org](http://surfacetosoul.org)

