

Self-coaching

## **Practice-Based Coaching Log**

The Coach completes this form to record their effort related to each Practitioner PBC session (i.e., focused observation, reflection, and feedback). The session summary on the last page is an optional resource. Use whole numbers (e.g., 32 minutes) when completing time-related items.

Coach: Practitioner:

Support Provided by the Coach to the	<u>he Pra</u>	ctitio	ner Since the Last Coaching Log	3		
Practice or goal-focused support in	minut	es (e.	.g., sent resources):			
PBC technology support in minutes (e.g., uploading video to share):						
Other support in minutes (e.g., char	nge sto	aff, re	ferral support):			
Describe other:						
Focused (	Observ	<b>ration</b>	of Practitioner(s)			
Date of observation (mm/dd/yyyy):						
Observation preparation in minutes	:					
Observation in minutes:						
Practice focus (list practices):						
Observation Location	Yes	No	Observation Format	Yes	No	
Classroom			In Person			
Home			Virtual Live (e.g., Zoom)			
Family Childcare Home			Pre-recorded Video			
Other(describe):			Other(describe):			
Observed Routine/Activity (Optional	ıl - Che	eck o	ıll that apply)	Yes	No	
Play (e.g., centers, free play, tummy time, outdoor play)						
Meals (e.g., breakfast, lunch, snack			. , ,			
Caregiving (e.g., toileting, hand washing)						
Community/Chores (e.g., feed dog, clean up)						
Transitions (e.g., going outside, goin	g in a	car,	going to a new activity)			
Adult-led activity (e.g., small group,	large	grou	p, read aloud)			
Focused Observation Indicators				Yes	No	
Observed during a routine/activity aligned with a current or future goal						
Recorded notes about the routines or activities observed						
3. Collected data on practitioner's	pract	tice u	ise and current or future goals			
4. Agreed upon practitioner reflect	tion ar	nd fe	edback meeting time			
Reflection an	d Fee	dbac	k with Practitioner(s)			
Date of reflection and feedback (m	nm/dd	l/ууу <sub>)</sub>	<i>(</i> ):			
Reflection and feedback preparation	on in n	ninute	es:			
Length of reflection and feedback	meetir	ng or	communication in minutes:			
Length of reflection and feedback	follow-	-up in	minutes:			
Practitioner Format	Yes	No	Delivery Format	Yes	No	
Individual (one person)			In-person meeting			
Team (share classroom or caseload)			Video conference meeting			
Small Group (2-4 people)			Phone meeting			
Large Group (6-8 people)			Written feedback			

Video comments



**Practice-Based Coaching Log**For the reflection and feedback indicators, mark 'Yes' for each indicator implemented and 'No' for each indicator not implemented. Add notes before the meeting to guide implementation or after the meeting to document what occurred.

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	flection and Feedback Indicators	Yes	No
1.	Began with a <b>positive statement</b> to support		
	the <b>collaborative partnership</b>		
2.	Asked the practitioner(s) about their current		
	or future <b>goal(s) or action plan steps</b>		
3.	Facilitated reflection about the effective		
	practices observed related to their goal or		
	action plan steps		
4.	Provided <b>supportive feedback</b> about the		
	effective practices observed		
5.	Facilitated <b>constructive feedback</b> about		
	the effective practices observed, including		
	2-3 strategies to consider based on the		
	feedback provided		
6.	Supported practitioner(s) to <b>reflect on the</b>		
	strategies discussed to address the		
	constructive feedback and select at least		
	one strategy to try		
7.	Identified resources and materials to		
	support the goal and action plan steps		
8.	Confirmed <b>next steps/adjustments to the</b>		
	goal and action steps		
9.	Asked the practitioner(s) how they wanted to		
	be supported in future sessions/sustainability		
10.	Discussed if another coaching session was		
	needed and when it would occur		
11.	Invited practitioner(s) feedback,		
	comments, or questions		
12.	Stated planned follow-up support (e.g.,		
	email, call, provide resources)		
13.	Made a positive comment about		
	practitioner(s) goal progress or practice use		
Tof	al Essential (Indicators 1-8)		
Tot	ral Overall (Indicators 1-13)		
			1

**Notes** 

Other Strategies	Yes	No	Other Strategies	Yes	No
Goal setting – New goal/action plan			Problem-solving		
Video feedback			Role-playing		
Graphic feedback			Video examples		
Side-by-side support			Modeling		
Other help in setting			Environmental arrangement		



## **Practice-Based Coaching Session Summary**

This summary can help coaches prepare for the reflection and feedback meeting. Copying the summary for the practitioner is a great way to share key information discussed!

Practitioner:	Session #:	Date:
Our goal is		
Questions to support reflection		
You're supporting children's learning as	nd making progress	s toward the goal by
An area where we can enhance is		
A few strategies that might work are		
The strategy we want to try is	_	
The shalegy we want to try is		
During the next observation, my coach	will support me by	
Our next observation and meeting are	planned for	