

TeamSTEPPS® 2.0 AU

Coaching Skills Worksheet

FACILITATION GUIDE
COACHING

Earlier you reflected on the 13 competencies required for effective coaching and rated your skills in these competencies.

Read the following questions and write your answers to develop your own personal improvement plan.

1. Which, if any, of these competencies are especially relevant to your particular coaching role?

2. Which two or three competency areas do you need to improve most?

3. What would be the benefit of improving your skills in these areas?

4. What have you tried before?

5. What steps can you take personally to improve in these areas?

continued

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6. What support do you need to improve in these competencies?

7. How will you monitor your progress in developing your coaching skills?

8. Who needs to know about this?

9. How will you tell him or her?

10. What are your first few steps?

Reference: Chen, Chris. Coaching Training, ASTD, 2003



For more information

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