

# 6 SIMPLE QUESTIONS FOR SELF-REFLECTION

## IN YOUR CHILD-FIRST COACHING PRACTICE



## VOICE

A key part of child-first coaching is supporting children and young people to express their views, opinions, and ideas – and then acting on them in a real, meaningful way.

**Allow yourself the freedom to think through the below questions.**

**Looking back at the last session...**

1. Did you have an agreed way to let the children 'check in' at the start of the practice? Acknowledge their feelings?

2. How did you create a range of different opportunities for the children and young people at your practice to share their views?

3. What was the most effective strategy you used to encourage children and young people in the practice to share what they think?

4. Did you explain to children and young people what you would do to act on their feedback?

5. Did you explain to children and young people how their feedback in the past has changed the practice sessions?

6. How did you encourage children and young people to share what else you could do to hear from them?

On a scale of 1-10 how would you rate your ability at creating an environment for voice, choice and journey?

1 2 3 4 5 6 7 8 9 10

○ ○ ○ ○ ○ ○ ○ ○ ○ ○

Why did you rate that number, and how can you improve it by 1 at the next practice?

Did anything get in the way of your plans to support voice, choice and journey in the practice?

### Looking forward to the next session...

1. What will you try next time to support more children and young people to have a say in what happens during the practice?

2. What feedback that you received this time, will you take action on for your next session?