

# 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 share 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:**

1. What approach have you found to be most effective to encourage children to share what they think of the activity in their session?

2. What could you try in your next session to support more individuals have a voice in activity?

3. How were you most effective at asking participants for ideas on how to solve challenges in activities during your sessions?

4. How did you approach your language in sessions to make it the most supportive for young people?

5. How do you encourage children and young people in your sessions to 'check-in' throughout a session and acknowledge their feelings?

6. How do you support participants to feel safe to be themselves?

On a scale of 1-10 how would you rate your ability to create an environment where children and young people have the right to be heard?

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
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Why did you rate that number, and how can you improve it by 1 at the next practice?