



## Reflection and Review

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At this point, we'd like you to reflect back at what has been done so far in the program. Please respond to the following statements.

1. List three major pieces you learned so far.
  - a.
  - b.
  - c.
2. State what further explanations and clarifications you would like.
3. What questions do you still have regarding coaching (that haven't been discussed yet)?

4. State which quadrant you fall on in the Johari Window in regards to coaching competencies.

5. Which Basic Needs are being met throughout this training thus far?

Please email these responses to [assignments@academyofchoice.com](mailto:assignments@academyofchoice.com) and discuss your responses with staff and others on our facebook page at <http://www.facebook.com/AcademyOfChoice> .