

## 5-Week Manager Coaching Log

The effort and learning are more important than the result or outcome of the activity. Habits are made over a period of time.

Name:

Manager name:

Week: 01

Course	Outcome	How was the feeling while attempting the activity and why?	Feelings 1-10 (1 low and 10 high)

**How challenging did the situation feel? What was challenging about it?**

Scale of 1-10 (1 being very easy and 10 being very difficult)

**How did you try to overcome these challenges? How did you feel while doing so?**

Scale of 1-10 (1 very nervous and 10 very confident)

**How are you going to take the learning from this situation and implement in the next upcoming situations?**

**How can I as a manager and we as an organization support/help you to become excellent in this outcome?**



**Post conversation reflections (to be filled by manager post facto)**

Effort and learning of the individual towards practicing the outcome – we are not measuring results but are measuring the effort and actions (1 least and 10 high):

Key points / analysis / interpretation about individual:

Positive indicators (give specific words/sentences/points that came up during the conversation)

Watch out points (give specific words/sentences/points that came up during the conversation)

**Next step recommendations:**



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Name:

Manager name:

Week: 02

Course	Outcome	How did I feel while attempting the activity and why?	Feelings 1-10

How challenging did the situation feel? What was challenging about it?

Scale of 1-10 (1 being very easy and 10 being very difficult)

How did you try to overcome these challenges? How did you feel while doing so?

Scale of 1-10 (1 very nervous and 10 very confident)

How are you going to take the learning from this situation and implement in the next upcoming situations?

How can I as a manager and we as an organization support/help you to become excellent in this outcome?



**Post conversation reflections (to be filled by manager post facto)**

Effort and learning of the individual towards practicing the outcome – we are not measuring results but are measuring the effort and actions (1 least and 10 high):

Key points / analysis / interpretation about individual:

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Name:

Manager name:

Week: 03

Course	Outcome	How did I feel while attempting the activity and why?	Feelings 1-10

How challenging did the situation feel? What was challenging about it?

Scale of 1-10 (1 being very easy and 10 being very difficult)

How did you try to overcome these challenges? How did you feel while doing so?

Scale of 1-10 (1 very nervous and 10 very confident)

How are you going to take the learning from this situation and implement in the next upcoming situations?

How can I as a manager and we as an organization support/help you to become excellent in this outcome?



**Post conversation reflections (to be filled by manager post facto)**

Effort and learning of the individual towards practicing the outcome – we are not measuring results but are measuring the effort and actions (1 least and 10 high):

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Name:

Manager name:

Week: 04

Course	Outcome	How did I feel while attempting the activity and why?	Feelings 1-10

How challenging did the situation feel? What was challenging about it?

Scale of 1-10 (1 being very easy and 10 being very difficult)

How did you try to overcome these challenges? How did you feel while doing so?

Scale of 1-10 (1 very nervous and 10 very confident)

How are you going to take the learning from this situation and implement in the next upcoming situations?

How can I as a manager and we as an organization support/help you to become excellent in this outcome?



**Post conversation reflections (to be filled by manager post facto)**

Effort and learning of the individual towards practicing the outcome – we are not measuring results but are measuring the effort and actions (1 least and 10 high):

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Positive indicators (give specific words/sentences/points that came up during the conversation)

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Habits are made over a period of time.

Name:

Manager name:

Week: 05

Course	Outcome	How did I feel while attempting the activity and why?	Feelings 1-10

**How challenging did the situation feel? What was challenging about it?**

Scale of 1-10 (1 being very easy and 10 being very difficult)

**How did you try to overcome these challenges? How did you feel while doing so?**

Scale of 1-10 (1 very nervous and 10 very confident)

**How are you going to take the learning from this situation and implement in the next upcoming situations?**

**How can I as a manager and we as an organization support/help you to become excellent in this outcome?**



**Post conversation reflections (to be filled by manager post facto)**

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