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

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| --- |
| Scale of 1-10 (1 being very easy and 10 being very difficult) |
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**How did you try to overcome these challenges? How did you feel while doing so?**

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| --- |
| 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?**

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

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|  |

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

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| --- |
| 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:**

**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: 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?**

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| --- |
|  |

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

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| --- |
|  |

**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:**

**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: 03**

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| --- | --- | --- | --- |
| **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?**

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| --- |
|  |

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

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|  |

**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:**

**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: 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?**

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| --- |
|  |

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

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|  |

**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:**

**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: 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?**

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

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| 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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**Next step recommendations:**