**MTU Coaching in Higher Education Reflective Practice Template**

**Please download for class workshops**

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| **Reflection at end of each workshop (Answer all the questions below)** |
| Reflect on your learning from the workshop (200-400 words per reflection) | 1. What was a key learning/takeaway from the workshop session?
 | 1. What did I learn about myself as a ‘coach/mentor’?
 | 1. In the workshop exercise, what went well for me?
 | 1. In the workshop exercise, what would I do differently if I did that exercise again?
 | 1. Any other comments/reflection?
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| Reflection 1 |  |  |  |  |  |
| Reflection 2 |  |  |  |  |  |
| Reflection 3 |  |  |  |  |  |
| Reflection 4 |  |  |  |  |  |
| Reflection 5 |  |  |  |  |  |
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| **Log your hours coaching/mentoring with Coachees/Mentees during/after MTU Coaching in Higher Education Programme Workshops**  |
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| **Date**  | **Client** | **Coachee/Mentee Type / name** | **Client role** | **Hours** | **Areas worked onlinked document reference if relevant** |
| **EXAMPLE:** | **INITIALS ONLY**  | **Student/Colleague** | **Student** | **1** | **Study skills** |
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