

Sway Coaching Assessment

This is a tool to aid you in self-assessing how you are doing when using the coaching methodology

	Missed	Passed	Good	Great!
Listening Engaged in level 3, active listening to what was underneath what was being said				
Hourglass Allowed time in the conversation to use the hourglass model to help explore options of topics to discuss				
Clarifying Asked for clarity around which direction the person wanted to take the conversation and what they wanted to leave the conversation with				
Space Created space for the person being coached – did not make it about the coach through leading questions or self-referencing				
Questions Asked, open, productive/powerful questions which led the person to expansive understanding and discovery				
Action Brought the person being coached to clear, manageable action steps				