

## BCU Level 1 Coach Self Reflection

**Evaluate what aspects of your session were successful:**

(For example: organisation, communication, class control, motivation, participation levels, achievement of aims/objectives etc.)

**Evaluate what aspects of your session were unsuccessful:**

(For example: organisation, communication, class control, motivation, participation levels, achievement of aims/objectives etc.)

**What changes would you make for future sessions:**

(Consider safety, enjoyment, and learning)

**Did you follow the lesson plan? If not discuss any changes you made:**

**Discuss any unforeseen events and how they were handled:**

**Discuss feedback received from any fellow coach, mentor, trainer, assessor, observer:**