



Reflection Worksheet

Coaching for Success

This year's Child Welfare Virtual Expo is designed to be an interactive virtual learning experience where you can hear from experts, identify successful strategies to incorporate into your work, and make connections with others in the child welfare community. The purpose of this skills seminar is to promote the use of coaching within the context of child welfare supervision and casework practice to increase staff confidence and improve staff performance to achieve agency goals related to safety, permanency and well-being. Participants will gain knowledge of how to integrate coaching into their daily interactions.

During this session, you will build knowledge in these key areas:

- Defining coaching and describing the benefit of coaching in a child welfare setting
- Describing the components of coaching and the principles and assumptions of effective coaching
- Identifying the attributes and skills of an effective coach
- Identifying, through observation, the skills used in a coaching session and the ways to implement coaching in everyday work

Linking what you hear and see in this session to your everyday work will help you identify where you want to realize change in your agency and the techniques that can help you along the way. Use the table below to keep track of your thoughts during the virtual reflection session.



Virtual Reflection Questions

1. What coaching skills did you observe that you currently use or would like to develop?	
2. What benefits do you see for using coaching in your agency?	
3. How can coaching be used to reframe staff biases or inaccurate perceptions about families and children?	
4. What barriers do you anticipate for implementing coaching? What ideas do you have for how to address them?	
5. What outcomes would you expect to see from coaching?	
6. On a scale from 1–5, how ready are you to start coaching? What will you need to do to get to the next level? What supports will you need?	
Additional thoughts:	

