

Colorado Association of School Executives
Colorado Staff Development Council
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Coaching and Reflection Journal



...the heart of change is a change of heart...

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Introductions

Over the course of the next two days, you will have the opportunity to meet and to get to know your teammates and your coach. And while that process may simply be the by-product of the work, it is also juncture, a choice point in your on-going development as a leader. You coach, CASE, CSDC and I encourage you to do the things you are already hoping will happen: find ways to share, to connect and to create a new network of like-minded leaders. This is a rare opportunity to be with people who chose the same thing that you did; this experience would not be the same with out the wisdom and experience that you bring. Thank you for sharing.

Some assumptions/expectations and norms for the session:

- You have a professional project, goal or outcome that you will work on over the next 30 days. in just a few words what is it?: _____ .
- You have some personal growth outcomes that you are working on in just a few words what are they?: _____
(you will not be asked to share this information unless you choose to)
- Something non-work related about you: _____
- Something you bring to the team that will help the team be successful: _____
- Something you need from the team that will help you be successful: _____
- Name one Positive Outcome for this workshop, (i.e. what would you like to learn, know more about or be able to do at the end of the session that would make this a meaningful and worthwhile way to spend your time? _____
- Upon your direction and your team's agreement, your coach can stop the session at any time and ask for a "time out" for processing/application conversations at your table. All he/she has to do is stand up and wait for a few moments. How do you feel about his norm, and what process will your team use to identify and agree on such a moment? _____

Consciousness Leadership

Reflection/Application/Rehearsal Page

Reminder: Your coach will be vigorously encouraging you to deliberately use the professional vocabulary of this session. The intention is three-fold: 1. supporting specific Conscious Leadership Domains-specifically the Domains of Precision of Language and Distinction-making, 2. to facilitate efficient dialog. While at first it may feel challenging to be deliberate, in time the resulting clarity will improve the quality and efficacy of the communication., 3. to enhance the expression of your personal learning. Rehearsal helps establish and activate the long-term potentiation of neural networks. This process can increase the Rate and Degree of Original Learning; that is you will learn more and you will learn it faster. So whether you are talking or writing, please make an effort to use the specific terms and content for the session.

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Consciousness Leadership
Reflection and Closure

Puzzle.....Mystery