



Coachable Moment Reflection Exercise

Choose a conversation you've recently had with a colleague where you didn't achieve the outcome you had hoped for.

Consider how you performed in the situation and ask yourself the following questions:

1. What did I do?

2. What made me respond that way?

3. What was the point in the conversation where the outcome I wanted started to get away from me?

4. Did I do or say something on autopilot that I should be more aware about?

Capture your reflections in your leadership journal.