# Professional Learning Certification 2023-2024 Reflective Journal





# What an incredible year of learning...and fun!

The Region 16 ESC Executive Coaching Team is incredibly grateful for the opportunity to engage with such a gifted, committed, and experienced group of leaders.

For the remainder of the 2023-2024 school year, TSL executive coaches are encouraged to maintain a simple reflective journal documenting their experiences, insights gained, and application of learning from the various executive coaching professional development sessions. This journal, with a minimum of 3-4 concise narratives, will serve as a tangible demonstration of the applied learning and personal development within the field, paving the way for the attainment of a

## TSL Executive Coaching Professional Learning Certification, 2023-2024.

This certificate acknowledges the successful attendance and completion of Executive Coaching Professional Development (approximately 20 hours), recognizing the participant's commitment to advancing their skills in the field. It further validates the tangible demonstration of applied learning and personal development achieved during the program, as documented in a reflective journal, empowering the awardee to seamlessly integrate and leverage their enhanced skills in their current professional role.

#### **Submission Task and Format:**

Create an electronic document (Word, Google Docs, or equivalent) to compile reflective entries.

Entries may include, but are not limited to the following:

- Key concepts, strategies, or tools learned from the executive coaching sessions
  - Reflecting on the coaching conversations you have initiated, explore how the diverse executive coaching tools and resources shared have heightened the overall impact and value of the outcomes for those you have coached.
    - Tools and resources shared include: Executive Coaching Framework (ECF), Executive Coaching Conversation Guide, Executive Coaching Contract, SCARF, Trust Accelerators, Practice Protocol, Farm Gate Model, Commitment/Capacity Quadrant Model, Portrait of an Executive Coach, Macro/Micro Questioning Protocol, Impact/Effort Matrix

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### Reflections on how the learning has been applied in real-world coaching scenarios

- As you reflect on the practical application of your acquired knowledge and skills, what insights have emerged from the reflections that contribute to your continuous growth as an executive coach?
- Share a specific real-world coaching scenario where the application of your learning led to a notable positive impact. What key insights did you gain from that experience to further refine your approach as an executive coach?

### Challenges faced and solutions implemented

- In navigating your executive coaching journey, what notable challenges have you encountered, and what innovative solutions have you implemented to overcome these obstacles?
- Describe how your ability to implement innovative solutions contributed to the successful resolution of a challenge, ultimately enhancing your effectiveness as an executive coach.

### Impact on your professional growth

- How has your role as an executive coach influenced and contributed to your personal and professional growth, and in what specific ways do you envision continued development through this impactful professional practice?
- In what ways has your development as an executive coach influenced not only your professional growth but also your broader perspective on leadership and organizational dynamics? How do you anticipate this continued development to shape your future contributions within the realm of executive coaching?

Submit the electronic document, with a minimum of 3-4 brief reflective narratives, on or before 5/31/24 to Region 16 ESC, <a href="mailto:Christine.Scroqgs@esc16.net">Christine.Scroqgs@esc16.net</a>, for attainment of your **TSL Executive** Coaching Professional Learning Certification, to be provided to you via email. If you have any questions, please reach out to Christine.

Once more, we extend our sincere gratitude for your active engagement, steadfast commitment to this work, and eagerness to draw out, inspire, and develop the best and highest within people from the inside out.