

Stage 1 - Prepare



Prepare *(1 - 2 hours)*

Prepare yourself before your first peer coaching meeting.

In this preparation stage, take a quiet moment by yourself to reflect on the important aspects of your peer coaching activity:

- ❖ Purpose and goals
- ❖ Mentoring relation
- ❖ Learning and implementing change
- ❖ Practical aspects

Use the questionnaire on the next page.



Activity - Preparation checklist (do at home)

Answer these questions to prepare for your coaching program

Purpose and goals

- Why have I joined peer the coaching program?
- What are my three main development goals?
- What will I contribute to the process?

Mentoring relation

- What behaviours will I adopt to build trust with my partner?
- What are my strongest communication skills?
- How will I show my partner that I value the peer coaching relation?

Learning and implementing change

- What is my preferred way of learning?
- How can I step out of my comfort zone?
- What does being proactive involve for me?
- How will I monitor my progress?

Practical aspects

- How can I make time for my peer coaching?
- What apps do I need to support the process?
- What quiet place can I find to have my peer meetings?