

REFRESH characteristic	Coach reflection questions	Learner reflection questions
Resilience	<ul style="list-style-type: none"> <li>Where do opportunities exist for learners to reflect on the relationship between learning from setbacks and later success?</li> <li>How am I helping learners to recognise the role that resilience plays in their ability to overcome obstacles?</li> </ul>	<ul style="list-style-type: none"> <li>What have I learned about my own resilience through the course of the programme?</li> </ul>
Enquiring	<ul style="list-style-type: none"> <li>How am I using open questions to stimulate deeper reflection and analysis of learner performance?</li> <li>In what ways can I nurture the curiosity of learners through the practice stage?</li> </ul>	<ul style="list-style-type: none"> <li>What could be my next learning steps?</li> <li>Where, in the future, might I utilise this spirit of enquiry?</li> </ul>
Feedback	<ul style="list-style-type: none"> <li>How am I modelling the characteristics of effective feedback that is kind, specific and helpful?</li> <li>How am I helping learners to reflect on the connection between acting on feedback and their subsequent improvement?</li> <li>How am I seeking feedback from learners about the quality of the feedback they are receiving from me?</li> </ul>	<ul style="list-style-type: none"> <li>What was it about the feedback I received that helped me?</li> <li>Were there any points at which the feedback I received failed to help?</li> <li>Where might I find sources of quality feedback that I can draw on in the future?</li> </ul>
Revising	<ul style="list-style-type: none"> <li>Where do opportunities exist to reflect on ways that revision has led to improved performance?</li> <li>How am I encouraging greater openness to change?</li> <li>How can I encourage greater risk Taken in order to grow positive mindsets?</li> </ul>	<ul style="list-style-type: none"> <li>What were the key changes I made that helped my performance to improve?</li> <li>How has my thinking changed over the course of the programme?</li> </ul>
Effortful	<ul style="list-style-type: none"> <li>How am I signposting the value of the effort required to practise effectively?</li> <li>How am I recognising the effort that each learner is making to improve through practice?</li> </ul>	<ul style="list-style-type: none"> <li>Where have I had to focus most effort in order to improve?</li> </ul>
Sharing	<ul style="list-style-type: none"> <li>How does the practice ensure a two-way sharing of ideas and an understanding of ways to improve?</li> <li>How can I engineer effective collaboration between learners on the programme?</li> </ul>	<ul style="list-style-type: none"> <li>What have I learned most from others Taken part in the programme?</li> <li>Where could there be other opportunities for collaboration in the future?</li> </ul>

## Resource 8 – Reflection question table relating to the *you* stage (page 1 of 2)

REFRESH characteristic	Coach reflection questions	Learner reflection questions
Habitual	<ul style="list-style-type: none"> <li>■ How am I nurturing an appreciation of the need for practice to become a habitual performance boosting activity?</li> <li>■ How am I ensuring that the <i>you</i> stage exemplifies the importance of creating sustained improvement through changes in habits?</li> </ul>	<ul style="list-style-type: none"> <li>■ How can I maintain the improvements I have made so they become ingrained habits?</li> <li>■ Which habits have been the hardest to change? Why?</li> </ul>

## Resource 8 – Reflection question table relating to the *you* stage (page 2 of 2)