

Peer Coaching Checklist

1. Coach was sitting in SOLER position
 - a. Squarely
 - b. Open
 - c. Lean forward
 - d. Eye contact
 - e. Relaxed
2. Coach began by getting to know you, asking questions about your interests, made a real effort to learn who you are
3. Coach asked focusing questions – tried to find what the problem was. Brainstormed with you to figure out how to address the issue
4. Coach explored possible resources that may be of help with the problem. Not only listed appropriate resources but also had knowledge about them (Where, when, what).
5. Coach made a plan with you to attend resource, event with you
6. Coach helped you to develop an action plan and offered to help you take the first few steps
7. Coach set up a follow up meeting with you