

# Henley8

## **Notice**

What did you notice?

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## **Response**

How did you respond? (think about what you felt, thought, and did)

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## **Implications for you**

What does this say about you?

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## **Implications for coaching**

What does this say about you as a coach?

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## **Strengths**

What benefits might this offer?

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## **Risks**

What risks might this bring?

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## **Learning**

What did you learn about yourself?

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## **New approach**

What would you do differently next time?

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