

# Weekly Debrief





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Signing Off			
Title	Personal Reflections & Growth Insights	Coaching Tips & Guidance	Anecdotes & Personal Stories
Mentoring & Coaching	Announcements & Updates	Questions to Engage the Audience	Sign Off



# Title

- “The Weekly Coaching Debrief”
- “Coaching Chronicles: Week in Review”
- “Reflections from the [NICHES] Coach”



# Personal Reflection & Growth Insights

- "This week, I've been pondering ..."
- "A realisation during a coaching session hit me ..."
- "While coaching, I was faced with a challenge, and here's my takeaway ..."
- "Coaching offers growth opportunities, and this week was a prime example when ..."





# Coaching Tips & Guidance

- "One golden nugget I picked up this week in coaching is ..."
- "If there's one piece of coaching advice I'd share from this week, it's ..."
- "In my coaching sessions, a recurring theme emerged: ..."
- "Mistakes in coaching? They happen, but here's the silver lining from this week ..."





# Anecdotes & Personal Stories

- "A heartwarming moment during a coaching session this week was when ..."
- "While preparing for a coaching session, I stumbled upon ..."
- "Coaching brings daily surprises. Here's a memorable one from this week ..."





# Mentoring & Coaching

- "While guiding a passionate individual this week, an insight emerged ..."
- "My mentor highlighted a unique perspective, leading me to..."
- "Exchanging coaching techniques with [name/colleague/friend], I discerned ..."
- "They say when you coach, you learn twice. This week stood testament to that as ..."





# Announcements & Updates

- "Some heartening news for our coaching community:..."
- "For those inquiring about my coaching modules, here's a glimpse..."
- "A huge nod to [name/team] for their contributions to our coaching sessions..."
- "From the coaching front, I'm excited to share..."



# Questions to Engage the Audience

- "What's a health challenge you faced and overcame this week?"
- "If you had to pick one lesson from your week, what stands out?"
- "How do you approach [specific coaching dilemma]?"
- "I'm curious, what's a coaching goal you're aiming for in the upcoming week?"





