

A photograph of a person's hands writing in a spiral-bound notebook on a wooden desk. A silver laptop and a smartphone are also visible on the desk.

**EXECUTIVE LEADERSHIP
COACHING:**

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Reflection Journal

BY HUSNA SYEDA



Introduction

This journal is designed to accompany your journey through *Executive Leadership Coaching: A Transformational Guide*. Use the prompts to deepen your insight, enhance self-awareness, and take purposeful action.

Chapter 1: Introduction to Executive Leadership Coaching

Reflection Prompts:

1. What did you learn about the definition and purpose of Executive Leadership Coaching?

2. In what ways do you hope to grow through coaching?

3. Which core concept resonates most with your current leadership challenges?

Chapter 2: The Heart of Coaching

Reflection Prompts:

1. How do you currently embody presence in your leadership?

2. What does "holding space" mean to you personally?

3. Which metaphor (lighthouse, tree, architect, gardener, etc.) best captures your current coaching or leadership style?

Chapter 3: Types of Coaching Certifications

Reflection Prompts:

1. Which certification path aligns best with your coaching aspirations?

2. What are your goals for ongoing professional development?

3. How do you define ethical practice in your leadership or coaching work?

Chapter 4: Different Types of Coaching

Reflection Prompts:

1. Which coaching style (leadership, life, wellness, couple) feels most relevant to you right now?

2. How might you apply multiple styles in your coaching or leadership approach?

Chapter 5: Coaching vs. Therapy, Consulting, Mentoring

Reflection Prompts:

1. How would you explain the difference between coaching and consulting in your own words?

2. What boundaries do you need to set in your own practice?

3. What value do you see in combining approaches without crossing lines?

Chapter 6: Emotional Intelligence in Coaching

Reflection Prompts:

1. When was the last time you were aware of your emotional response and chose a constructive outcome?

2. What are your top 3 emotional intelligence strengths?

3. How can you use EI to improve one key relationship?

Chapter 7: Assessment Tools in Coaching Reflection Prompts:

Reflection Prompts:

1. Which assessments have helped you the most in the past, and why?

2. How do you feel about using assessments in your coaching or leadership?

3. What insights have assessments offered you recently?

Chapter 8: Coaching Frameworks and Models

Reflection Prompts:

1. Which model (GROW, TOMS) do you find most intuitive or useful?

2. How might you integrate frameworks into your daily leadership?

Chapter 9: Case Studies in Executive Coaching

Reflection Prompts:

1. What stood out to you in the ERP transformation case?

2. How do you approach team resistance in your leadership?

3. What would success look like in a coaching engagement for your team?

Chapter 10: 90-Day Leadership Workbook

Reflection Prompts:

1. Which module feels most urgent for your development: EI, Strategy, Change, or Team?

2. What does success look like for you in the next 90 days?

Chapter 11: The Future of Coaching

Reflection Prompts:

1. How do you see coaching evolving in your organization?

2. What commitment will you make today to integrate inclusivity or evidence-based coaching?

3. What would your future as a coach or leader ideally look like?

Final Reflection

1. What have you learned about yourself through this journal?

2. How has your vision of leadership changed?

3. What is one bold action you're ready to take?



Closing Note

Use this space often. Return to these prompts whenever you need clarity, direction, or motivation. Your growth as a leader begins with reflection—and ends with transformation.