

Pun U Association Wah Yan Primary School

番禺會所華仁小學

Coach's Self-reflection (Observer B) 教練反思 (觀課者 B)

Name of Coach 觀課者姓名	
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	Coaching Skill and Attributes 觀課技巧與特性	Yes 是/No 否
1	I listened deeply when the coachee was talking in order to gain understanding. 我留心聆聽授課者說話，以便深刻了解內容。	
2	I listened more than I talked. 我聆聽的時間比我說話的長。	
3	I asked questions that helped the coachee reflect on their practice. 我以提問幫助授課者對課堂的反思。	
4	When I observed, I noticed what was happening rather than thinking about how I would do it better. 當我觀課時，我注意課堂發生的事情而不是思考我會怎樣做得更好。	
5	I challenged the coachee in order to help them improve. 我挑戰授課者的目的是幫助他改進。	
6	I provided reassurance and support. 我給予授課者肯定和支持。	
7	I was interested in the view of the coachee rather than my own opinion. 我關心的是授課者的意見而不是我的意見。	
8	I was comfortable when the conversation had periods of silent reflection. 即使我們對話時曾有靜默時段，但我仍感到舒適自在。	
9	I was honest. 我是誠實的。	
10	I was comfortable when I did not personally have all the answers. 當我不能解答所有問題時，我仍感覺舒適自在。	
11	I showed emotional intelligence. 我表現了情緒的智慧。	
12	I was non-judgmental. 我不帶判斷人的眼光。	
13	I smiled. 我常微笑。	

Key	○	○	○
Level of development in coaching skill/ attribute 觀課技巧與特性的發展水平	Low 低 an area to improve 需 要改進範圍：	Average 中等	High 高 a strength displayed 其中一項強項：