

**Self-Assessment Form**

<b>Technique</b>	What did I do that demonstrates role model technique?
	What specific areas of my technique can improve?
<b>Coaching</b>	How effectively did I use the Coaching Model?
	Which Layer of Coaching can improve? (Layer 1, 2 or 3)
	How will my participants benefit if I improve this area of my coaching?

**Always Ask:**

Am I enjoying myself?	How did I show my enjoyment?
Do I sound like me?	Am I using my natural speaking voice?
Am I obstructing the music?	Am I featuring the highs and lows of the song?
Do I use extra words?	Can I deliver my cues using less words to create more space for the music?
Can I do it differently?	What would I change if I taught the track again?

**Top TEN questions to ask yourself when video self-assessing:**

1. What do you notice about your teaching that's really great and creates a great experience for the people in the room?
2. Is there anything going on that makes you cringe and detracts from people's experience?
3. What do you notice about your application of the five key elements? (If you're pretty new to teaching, just focus on the first three key elements).
4. What's the essence of the program? Are you teaching from that place?
5. What do you notice about the people in the room? How are they responding to you? What are they experiencing? Is it aligned to the essence of the program, or that particular track feel/focus?
6. Do you recognise yourself on stage?! What do you notice about your authentic self/personality coming through, or not coming through?
7. Identify what's awesome about you and needs to be kept/enhanced!
8. Identify what would be best removed, fixed up or changed (maybe you have some technique stuff to work on, or you're not applying the coaching model as well as you could, cause you noticed participants were confused at times).
9. Whenever you self assess, choose a couple of things to work on (don't try and work on everything at once - quality and not quantity is the go). Identify 1-2 things you can either remove, enhance or focus on that you think would have the most positive impact on your class experience.
10. Repeat!! Go through this cycle every 3 months. Each time, notice the shifts you have made, as well as the things you still need to work on.