Your Name:

Email address:

Date:

Date & time of Practice Debrief:

|  |  |
| --- | --- |
| **Practice GLWS Personal Report - key questions** | **Your observations** |
| 1. Congruence between Wellbeing snapshot and detailed pages? | *Type in here (note, we are not expecting a full report, just summary comments presented as bullet points)* |
| 2. Review the optional free text comments box on page 5 (the Wellbeing snapshot page). Has the respondent provided any additional info and if so, what possible links to domains/items can you identify? |  |
| 3. Wellbeing profile & overall ‘theme’ of the report  *(e.g. lot of sometimes, worryingly lot of red flags, mixture of green and red etc)* |  |
| 4. Key themes from the domains: | |
| a) Authentic Relationships |  |
| b) Meaning, Purpose & Direction |  |
| c) Resilience & Equanimity |  |
| d) Vitality & Energy |  |
| e) Balance & Boundaries |  |
| f) Intellectual Engagement & Flow |  |
| 5. Linkages between items/domains? |  |
| 6. How will you approach the debrief? *(e.g. explore the report in part/full, start in one place or another, explore context in full before looking at report etc)* |  |
| 7. Within the context of keeping an open mind – what strategies do you think might be of benefit to recommend to this individual to enhance their wellbeing (see the Resources section of the Coaching Guide for ideas) |  |

Once you have finished, save your changes to the form and return it to the EEK & SENSE team for review via the Assignment Upload section in *Lesson 2 – Practice Debrief – Steps 4-5 Debrief Prep Form topic*. We will review this and provide you with feedback through the comments section.

*Note: Please allow at least a 3 day turnaround period for the team at EEK & SENSE to review and comment on your GLWS Debrief Preparation form – just in case there is any additional guidance or any concerns to flag before you proceed with conducting your debrief. Without wanting to make this a big scary exercise, this is an assessed activity and forms a crucial part of your accreditation!*