USEF Para-Equestrian Dressage Coach Certificate Program

INITIAL PRACTICUM REFLECTION CHECKPOINT



STEP 4: INITIAL PRACTICUM REFLECTION CHECKPOINT - SELF-ASSESSMENT

By completing an Initial Practicum you've deepened your knowledge and strengthened your coaching skills. You've come a long way on your journey through the program. It's a good time to reflect and recognize your progress and commitment. The following Reflection Checkpoint is for your self-assessment only; sharing or submission for review is NOT required.

1) What aspects or areas have you enjoyed the most in your learning journey so far? Such insights car bring greater awareness to the natural strengths and abilities that you possess. Good to know!
2) What aspects or areas have been the most challenging for you to learn and/or apply in your coaching practice? Think about how you tend to handle those challenges and how challenging situations can be leveraged for growth and development.
3) What insights have you gained about Para-Equestrian sport from participating in an Initial Practicum? How will those insights benefit you and the para-equestrian athletes that you currently coach or plan to coach in the future?
4) What resources have been most valuable to you in your coaching practice?

For any additional comments or questions about this program, please contact: Laureen Johnson, Director of Para-Equestrian at USEF, PO Box 83 Gladstone, NJ 07934, fax: 908-234-9417 or *lkjohnson@usef.org*.

