

COACHING TOOLS

Getting the Most out of Watching your Video

**GOAL**

- » Identify: two sections of the video that you like and one or two sections of video you'd like to further explore

CONTENT PLANNING

Watching yourself on video is one of the most powerful strategies professionals can use to improve. However, it can be a challenge. It takes a little time to get used to seeing yourself on screen, so be prepared for a bit of a shock. After a little time you will become more comfortable with the process.

- » Find a place to watch where you won't be distracted
- » You may find it helpful to read through the teacher and student surveys and/or the big ticket items to remind yourself of things to keep in mind while watching
- » Set aside a block of time so you can watch the video uninterrupted
- » Make sure you've got a pen and paper ready to take notes

WATCHING THE VIDEO

- » Plan to watch the entire video at one sitting
- » Take notes on anything that is interesting
- » Be certain to write the time from the video beside any note you make so that you can return to it should you wish to
- » People have a tendency to be too hard on themselves, so be sure to really watch for things you like
- » After watching the video, review your notes, and circle the items you will discuss with your coach (2 you like, and 1 or 2 you would like to further explore)
- » Sit back, relax, and enjoy the experience