

End of year review - high / low learning for the year ahead

A year-end review is important for your development because it helps you understand what contributed to your progress and what held you back. By looking at your highs, lows, and the lessons in both, you can spot patterns, recognise your strengths, and identify actions that support your growth for the year ahead.

End of year coach yourself questions

High moments

What was the best day of your year ?



What made you laugh?



When did you feel most proud?



What experiment worked?



What are you looking forward to?



When did we work well as a team?



What was an out of work high?



Low moments

What day are you glad to leave behind?



What made you cry?



What made you disappointed?



What experiment failed?



What do you want to avoid doing?



When did we stall or get stuck?



What was an out of work low?

