

TONY CHANCELLOR: Instructional coaching: A reflective practice

THU, OCT 9,
7 PM ET

Swivl workshops

#instructionalcoaches

every 2nd Thursday



This workshop is designed to support you as an Instructional Coach. Together, we'll explore how reflection and metacognition can sharpen your coaching practice and multiply your impact with teachers.

Whether or not you've used M2 or MirrorTalk before, the session will give you practical ways to frame and deepen coaching conversations.

1 Quick Reflection

Take 5 minutes before the workshop to jot down your thoughts:

1. **Barriers** – What are the biggest barriers you face in coaching teachers right now?
2. **Leverage Points** – When you collaborate with teachers, what practices or moments create the most growth?
3. **Your Reflection Habit** – How often do you reflect on your coaching practice? What does that look like?

Bring these notes with you—they'll be our starting point in the session.

2 The four levels of metacognitive learning

Read through the four levels below. Put a checkmark next to the one that feels most true to your current learning as a coach.

- **Tacit** – I rarely notice or reflect on my thinking.
- **Aware** – I sometimes notice my thinking, but I don't always act on it.
- **Strategic** – I use reflection and strategies intentionally most of the time.
- **Reflective** – I consistently monitor, adjust, and refine my practice.

This isn't about a "right" answer—it's about building awareness of where you are so you can keep growing.

3 A glimpse of what's ahead

In the workshop, you'll:

- Start with a **reflective activity** to surface challenges and insights.
- Explore how **metacognition** applies not only to students, but to educators as well as coaches.
- Practice ways to **spark reflection in teachers** so they can take ownership of their growth.
- See how a tool like **M2** can serve as a "second thought partner" for coaching conversations (no prior account needed).



Coach scenario: Warm-up

Imagine you've just observed a teacher finishing a lesson. They say:

"I don't think the students really understood today's activity."

What's the first reflective question you might ask to help them think about their practice?

Write it down below:



What to bring to next week's workshop

- Your quick notes from Part 1
- A willingness to reflect, share, and learn alongside other coaches
- Your MirrorTalk account, if you have one