

Quickstart guide: Coaching cycles



How to use this guide

- Coach or admin creates reflection assignment in MirrorTalk (use sample objectives or create your own)
- Coach/admin shares assignment link with teachers
- During each stage of the coaching cycle, teachers complete the reflection from their [mirrortalk.ai](https://www.mirrortalk.ai) account on their laptops or the MirrorTalk app on their phones.



Why add MirrorTalk to video coaching?

- Document learning and track growth from coaching conversations
- Gain insight where support is needed
- Time to reflect before coaching- increases teacher agency and ownership



Sample objectives

This series of objectives creates the opportunity for reflection during each stage of the coaching cycle. You can indicate a specific instructional practice in the objective to customize the reflection questions further.

COACHING CYCLE STAGE

OBJECTIVE

Copy this into [mirrortalk.ai](https://www.mirrortalk.ai) in the learning objective space

1	Building rapport	Focus: Core The teacher will reflect on their teaching practice by identifying key strengths and challenges
2	Observation/self reflection	Focus: Core The teacher will reflect on their lesson observation
3	Planning	Focus: Retrieval The teacher will identify a focus area for improvement and collaborate with their coach on a plan to implement a strategy to address the focus area
4	Next steps	Focus: Retrieval Teacher will collaborate with their coach to develop actionable next steps for improving the instructional practice
5	Check in	Focus: One why / Personalized The teacher will evaluate their progress in the focus area by analyzing changes in instructional practices and student outcomes, celebrating successes, and identifying the next steps for continued growth.