

## 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