

Adapted R2C2 for Peer Coaching Action Plan Workbook

May, 2022

Step 1: Coach for Change

1. What is your desired outcome?

2. Think about ways of moving closer to goal or desired outcome. Generate as many options as possible.

3. Evaluate your generated options for change.

4. Choose which options you would like to pursue.

Step 2: Co-create an Action Plan

1. What specific actions do you need to take to implement your change?

2. Who needs to know and who needs to be involved? Who can help you?

3. What resources will you need? Will you need to undertake any learning?

4. What might get in the way of making the change and achieving the desired outcome?
How will you overcome the challenge?

5. A reasonable, practical timeline is critical for reaching your goal. When will you begin? When do you hope to see results?

6. How will you measure progress and success? How will you know you have achieved your goal?

7. How motivated are you to make the change?

Very unmotivated Very motivated

How confident are you that you can make the change?

Very unconfident Very confident

Step 3: Evaluate and assess change

1. How did you review and reflect on the measurement of progress and success?

2. Did you notice any changes? Were there any factors that enabled that change to occur? How will change be maintained?

3. If no changes were made, what were the barriers? Do you still have an interest in pursuing the change?

4. Are there other changes you are considering? Should a new commitment-to-change/action plan be developed?