

What?

Was it about these or other topics?

- Knowledge and application of the Law
- Fitness / Body shape / running styles
- Management of players
- Contextual and material judgements
- Accuracy of decision making
- Image / perceptions of me as a referee
- Distraction control e.g. managing external factors
- Realistic evaluation of performance
- Planning and goal setting
- Coping with pressure on and off the pitch

How did you feel about it?

- How did you think you reacted during the dialogue
- On reflection, how do you feel about the conversation and why?
- What did you learn?

When?

When did the discussion take place - on these or other occasions?

- Pre match day on the phone or by email
- On the way to the game via phone or when travelling together
- At the match prior to Kick Off
- At half time
- After the game at the club
- After the match on the way home
- Following the match day via phone or email
- Following receipt of the assessor's report
- Following receipt/analysis of a DVD

What are you going to do?

- Now what?
- Did you come up with any plans?
- What are you going to do as a result of your dialogue?

Remember, this is about positive experience and not just negative ones!