



## ReflectAI Series

### AI & Coaching: The Evolution of the Coaching Relationship Through Artificial Intelligence

*A collection of articles from the SCP Italy research group – Coaching & AI*  
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Five articles exploring how generative artificial intelligence, when designed with intentionality and ethical rigor, can become a cognitive partner capable of expanding the coach's reflexivity, awareness, and professionalism.

The ReflectAI project — born within the ISCP Italy Research Hub — represents the common thread of this investigation, which intertwines theory, practice and ethical implications for a new era of reflective coaching.





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#	Title	Focus
1	AI as a Reflective Mirror: The Coach's Superpower	Introduces the paradigm of AI as a cognitive partner and the concept of 'reflective mirror' for metacognition. coach.
2	AI and professional practice: benefits, limitations, and ethical recommendations	Analyze ReflectAI's experience in practice, identifying benefits and limitations and formulating ethical recommendations.
3	Supervision, training and coaching development in the AI era	Explores the use of AI in training and development, introducing the figure of the coach as an "AI" manager
4	From Skill Set to Self of the coach: a leap of paradigm	It shifts the focus from the coach's 'doing' to his 'being', proposing reflexivity as an ethical and professional foundation.
5	Reflective practice and transformative learning in adult learning theories	It integrates the theories of Knowles, Mezirow, Kolb and Siemens, connecting AI to transformative learning and connectivist.

