Coachee’s Feedback Form (long version)

Professional Certificate in Coaching/Foundations in Coaching

Please provide as much feedback as you can; it will be of great help to your coach. Please provide your feedback in a supportive, respectful, and honest way to make it as likely as possible that your coach will be able to learn from it.

For each area of competence, please rate your coach first on the 1–5 scale, where 1 is low and 5 high. Then comment as fully as you can on the thinking behind the score you have given, using the questions to help you cover as much ground as possible.

Name of coach: M

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1. Establishing a safe and appropriate environmentWhat felt comfortable and appropriate about the environment in which you had your session? And what felt uncomfortable or inappropriate? Are you absolutely crystal clear about the confidentiality rules you and your coach will keep in relation to the session you have just had? |
| Comments      |

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| 2. Building rapport

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How comfortable did you feel with your coach? What did your coach do that made you feel comfortable? Did your coach do anything at any time that made you uncomfortable? |
| **Comments**      |

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3. ListeningTo what extent did you feel you had your coach’s full attention? To what extent did you feel your coach understood you and your issue? What did your coach do/not do that led you to those feelings? |
| Comments      |
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4. Asking questionsWhat was effective for you about your coach’s questioning? What didn’t work well? |
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5. FocusingDid your coach help you to identify the central issue? How? Did your coach help you to set clear goals? How? Did you feel you – and your coach – were talking about the right things? |
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6. ExploringDid you feel you – and your coach – talked broadly enough? Is there anything you think or feel that you are aware of, that should have been covered in the session but was missed? |
| Comments      |
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7. Using tools and techniquesWere you aware of your coach introducing any tools and techniques to help you in your thinking? Was the use of the tools and techniques effective? |
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8. Building self-beliefDo you feel more, less or equally able to make progress on your issue now than you did before the session? |
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9. Building commitment and responsibilityDo you feel more, less or equally willing to make progress on your issue now than you did before the session? |
| Comments      |
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10. EndingWas the ending of the session handled effectively? |
| Comments      |