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 | 2 | 3 | 4 | 5 |   1. Establishing a safe and appropriate environment  What 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   |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   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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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   3. Listening  To 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 |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   4. Asking questions  What was effective for you about your coach’s questioning? What didn’t work well? |
| Comments |

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| Comments |

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| Comments |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   7. Using tools and techniques  Were 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? |
| Comments |

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| Comments |

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   9. Building commitment and responsibility  Do you feel more, less or equally willing to make progress on your issue now than you did before the session? |
| Comments |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | 1 | 2 | 3 | 4 | 5 |   10. Ending  Was the ending of the session handled effectively? |
| Comments |