

Coaching REVIEW

Name:

Date:

No. of Sessions:

Please answer the questions below as truthfully as possible

How helpful has the coaching been in moving you towards your goals? 5 = Very Helpful

What are the biggest steps you have taken since starting coaching?

What steps are you yet to deal with?

What has been the most useable strategy that you have gained from coaching?

What has been your favorite exercise or topic discussed so far?

What challenges are you facing in the coming periods:

Month

Quarter

Yearly

What support do you require from coaching going forward?

What steps are you yet to deal with?

How satisfied are you with the overall coaching experience so far?

1

2

3

4

5

What improvements would you suggest to our coaching sessions?

Is there anything within our coaching sessions that you we have yet to discuss that you would like to?