

# Session EVALUATION

Our Priority is your self-development and it is only through your open and honest feedback that we can build on from session to session. Please consider the last session and complete this short evaluation

STRONGLY  
DISAGREE

STRONGLY  
AGREE

My Coach makes me feel respected & fully supported

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

My Coach listens to what I have to say

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

We worked on topics that were important to me

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

I did not feel judged about any of the topics that were discussed

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

My Coach demonstrated and implemented their expertise

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
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I trust my Coach to help me reach my goals

|   |   |   |   |   |
|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

I felt the session was effective

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|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|

Please provide any other comments regarding the session

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