

Coaching Evaluation

My Name _____ Date ____/____/____

My Coach _____

Period evaluated: From ____/____/____ to ____/____/____

Our work has been focused on the following areas: (select as many as apply)

- | | |
|---------------------------------|--|
| ▶ Increased productivity | ▶ Strategic business planning |
| ▶ Health and well-being | ▶ Increase profits and productivity |
| ▶ Life planning | ▶ Time/Stress/Procrastination management |
| ▶ Career development/transition | ▶ Special Project: _____ |
| ▶ Relationship building | ▶ Other: _____ |

What have been the key areas of progress during this period? What shifts have taken place that have moved you forward most?

Where do we need to do more work in the future? (Your major concerns)

What were the elements of our relationship that have worked best for you?

What continues to frustrate you or hold you back from achieving your goals?

How do you feel about the coaching process?

- ▶ Excellent - let's continue as we are.
- ▶ Good - but I'd like to discuss some changes in how we work.
- ▶ Poor - I want to continue but with a different approach.
- ▶ Unsatisfied - coaching isn't working for me, I want to stop.

Comments:

Use this space to express any concerns, no matter how minor they may seem, that will help me to coach you better. This is also a good place to share with me any new goals or objectives that have occurred to you recently.

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