

This questionnaire is designed to capture what you thought about the quality of the coaching you received from \_\_\_\_\_ and what you felt the benefits of the programme were.

I agree that the feedback provided here can be used in the context of the professional (re)accreditation of the coach mentioned above and this, in accordance with the GDPR legal requirements.

Your name	<input type="text"/>
Your job title	<input type="text"/>
Your initial coaching request	<input type="text"/>
Dates of coaching programme	From: <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> To <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>

Please read the following statement and confirm whether or not it applied to the coaching exercise. You may also provide a written comment.

## 1. Managing the Coaching Contract

1. The coaching contract was clear and agreed beforehand.	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Please comment:</i>	
2. The coach explained coaching deontology and/or provided reference to his/her professional code of ethics.	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Please comment:</i>	
3. The coach clarified the confidentiality boundaries of the coaching.	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Please comment:</i>	
4. The coach clearly explained his/her coaching approach and style.	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Please comment:</i>	
5. The coach clearly explained his/her role <b>and mine</b> in our coaching engagement.	<input type="checkbox"/> Yes <input type="checkbox"/> No
<i>Please comment:</i>	

Please rate the following statements by choosing the number that reflects best your assessment of the statements:

1 – this statement applied at all times to the coaching

2 – this statement applied most of the time

3 – this statement rarely applied to the coaching

4 – this statement never applied to the coaching

Where the statement is not applicable to your coaching experience, please chose **NA** (not applicable).

## 2. Building the Coaching Relationship

	1	2	3	4	N/A
6. The coach created a space where I could be open & feel supported and trusted.	<input type="checkbox"/>				
7. The coach tailored his/her approach to my style, my emotional state & my needs.	<input type="checkbox"/>				
8. The coach ensured I retained responsibility to solve problems &/or change my behaviour.	<input type="checkbox"/>				

## 3. Insights, learning and actions

	1	2	3	4	N/A
9. My desired outcomes were clarified & reviewed with the coach.	<input type="checkbox"/>				
10. Progress & achievement of outcomes & goals were reviewed together & revised if appropriate.	<input type="checkbox"/>				
11. The coach shared perspectives and ideas as options to consider.	<input type="checkbox"/>				
12. The questions asked by the coach:					
• Helped me raise my awareness.	<input type="checkbox"/>				
• &/or encouraged my reflection & learning.	<input type="checkbox"/>				
• &/or brought me different perspectives.	<input type="checkbox"/>				
13. The coach used tools, techniques or exercises that helped me progress towards by goals.	<input type="checkbox"/>				
14. The coach gave me clear, concise feedback, which was constructive & helped my learning/development/change.	<input type="checkbox"/>				
15. The coach challenged me in a supportive way.	<input type="checkbox"/>				
16. The coach held me accountable for my decisions & actions.	<input type="checkbox"/>				

#### 4. Outcomes of the Coaching

SCALE from 0 (not at all)  
to 10 (absolutely)

N/A

17. The coaching contributed to my personal development.

18. The coaching enabled me to improve my performance.

19. The coaching helped me make better use of my resources.

20. The coaching gave me a better understanding of my strengths & weaknesses.

21. The coaching helped my learning process &/or provided me with a greater capacity to problem-solve.

22. The coaching enabled me to progress significantly towards my objectives.

#### 5. Overall Assessment & Satisfaction

Please write in your own words, your impressions of your coaching experience

23. What did you particularly appreciate? What could be improved?

24. What particular personal or professional learning points do you believe have been derived from the coaching?

25. Overall, how satisfied are you with your coaching experience? Scale from 0 to 10

**Thank you for taking the time to complete this form**