



Coaching Evaluation

Please rate each statement on the scale provided by circling the corresponding number.

	Strongly Disagree	Neither agree nor disagree	Strongly Agree
Coaching skills:			
The coach clearly explained his/her coaching approach and use of models	1.....	2.....	3.....4.....5
The exercises were useful in developing my capabilities	1.....	2.....	3.....4.....5
The coach challenged me appropriately	1.....	2.....	3.....4.....5
The coach was able to hold my interest throughout the sessions	1.....	2.....	3.....4.....5
The coach helped me develop solutions	1.....	2.....	3.....4.....5
The sessions were well structured	1.....	2.....	3.....4.....5
The coach showed high regard for me as a learner	1.....	2.....	3.....4.....5
The coach behaved appropriately and professionally at all times	1.....	2.....	3.....4.....5
Content:			
I have applied what I learned to enhance my professional performance	1.....	2.....	3.....4.....5
I was adequately challenged by the exercises and content	1.....	2.....	3.....4.....5
The goals set were clearly defined and relevant to my work	1.....	2.....	3.....4.....5
The sessions contained a good mix of instructional methods	1.....	2.....	3.....4.....5
Capability development:			
I have improved my management capabilities through coaching	1.....	2.....	3.....4.....5
I have changed my management practices for the better as a result of coaching	1.....	2.....	3.....4.....5
I have improved my ability to perform at optimal levels	1.....	2.....	3.....4.....5
I have increased my ability to problem solve	1.....	2.....	3.....4.....5
I am satisfied with the progress I have made following the coaching	1.....	2.....	3.....4.....5
I would recommend coaching to others	1.....	2.....	3.....4.....5