Evaluation survey for coachees

Based on Kirkpatrick's evaluation model

Your reaction to coaching

How useful did you find the process of coaching?

How did you feel after the coaching sessions?

What sort of emotions did the sessions surface either before, during or after the sessions?

What you've learnt from coaching

What key areas of learning have you taken from the sessions?

How might you use what you have learnt and by when?

Have any new ideas or intentions emerged as a result of coaching?

Changing behaviours

Have you had the opportunity to put into practice any insights, ideas or intentions from the coaching to date?

If so, what did you notice about your own or other people's behaviour when you applied this learning?

Results

What has improved for you because of your actions from coaching?

What are you most proud of across these sessions?

Is there anything else you may consider moving forward?

Is there anything else you would like to say about your coaching experience?

Feedback for me, your coach

What should I do more of as a coach?

What should I do less of as a coach?