

**POST-COACHING  
EVALUATION QUESTIONNAIRE**



**Coach's name:**

**Coaching period:**

**May we forward your feedback to the coach?**       **yes**       **no**

**How would you rate the coaching conditions?**

Based on the statements below, please rate the general conditions of your coaching sessions by selecting the most applicable option.	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
	1	2	3	4	5
1. Coaching sessions were held in a pleasant, comfortable environment.					
2. It was easy to reach my coach to make appointments.					
3. My coach was reliable and kept our appointments.					
4. The number of sessions was appropriate.					
5. The length of the individual sessions was appropriate.					

**What issues were clarified with your coach before starting your sessions?**

Based on the statements below, please rate the initial phase of your coaching experience.	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
	1	2	3	4	5
6. My coach presented his/her concept and methods in an easily understandable manner.					
7. We defined my coaching goals.					
8. We agreed on (objective) fulfillment criteria.					
9. Together we identified factors that could interfere with the achievement of my goals.					
10. My coach explained clearly how we would proceed and what our working relationship would consist of.					
11. We defined limits and taboo topics.					

**How was the working relationship with your coach?**

Please rate the statements below to describe your working relationship with your coach.	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
	1	2	3	4	5
12. I felt like I could trust my coach throughout the coaching process.					
13. We always spoke and dealt with each other like equals.					
14. Our relationship was characterized by mutual respect.					

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15. Our working relationship was characterized by openness.					
16. The methods used by my coach were appropriate and well-suited to my situation.					
17. My coach asked for my feedback on a regular basis.					
18. My coach encouraged me to reflect on the coaching process and contribute actively.					

**Achievement of goals**

Please rate the following statements.	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
	1	2	3	4	5
19. Coaching goal 1 was achieved.					
20. Coaching goal 2 was achieved.					
21. Coaching goal 3 was achieved.					

**How would you rate your coaching overall?**

Please rate your overall coaching experience based on the statements below.	strongly agree	agree	neither agree nor disagree	disagree	strongly disagree
	1	2	3	4	5
22. I would do it again.					
23. I would recommend my coach to others.					
24. The benefits were worth the effort.					
25. I was able to implement what I learned in my coaching sessions in my daily life.					

**Your personal benefit from the coaching sessions – what did you take home?**

As promised, you don't need to provide any details about the issues and topics dealt with during your coaching sessions. However, **if you're comfortable with sharing** information about how you have benefited from your coaching sessions, it would be very helpful to us when recommending our coaches to other coaching clients. So if you feel like it is acceptable to you, feel free to tell us the **three most important insights** you gained from your coaching sessions.


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**What does your coach do best, in your opinion?**

**For which target group is your coach most suited?**

**All in all: What overall grade would you give your coaching experience?**

<b>excellent</b>	<b>good</b>	<b>average</b>	<b>fair</b>	<b>poor</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Please use this space to share any additional comments, suggestions, questions, ideas, etc. you may have.**

**Thank you for helping us improve the quality of our services  
by taking the time to provide your valuable feedback!**