

IAC Coaching Masteries® Feedback Form

After each coaching session, help your coach improve by giving feedback with this form.

1 = totally disagree, 2 = somewhat disagree, 3 = partly agree, 4 = mostly agree, 5 = totally agree

	1	2	3	4	5
Establishing and maintaining a relationship of trust I feel safe to talk about everything that's on my mind, even things I hadn't realized were important.					
I freely express my emotions, fears and dreams to my coach. I do not feel judgment from the coach.					
Perceiving, affirming, and expanding the client's potential I now recognize and believe more fully in my strengths and abilities.					
I am more motivated to achieve my potential. The coach shows genuine interest on my behalf.					
Engaged listening I feel fully heard and understood.					
I speak with my coach freely, openly and at the optimum pace for me.					
Processing in the present I am more aware of what I am thinking and feeling in the moment.					
I feel like my coach understands me on a deeper level than most people.					
Expressing My coach speaks authentically, directly, and sensitively to me.					
The coaching conversation is like a springboard for me to discover more and improve my results.					
Clarifying I feel clearer about myself and my situation. We were able to determine what was below the surface of my words and thoughts.					
I see myself and my situation from new perspectives.					
Helping the client set and keep clear intentions I am clearer about what I really want, and what my goals are. I feel inspired by my goals.					
I am more engaged, excited and confident about my future.					
Inviting possibility I feel like there are many more options available to me now.					
I realized something new and/or surprising that is very helpful.					
Helping the client create and use supportive systems and structures I feel I have many resources and tools to help me reach my goals. We have created meaningful structures and systems that pull me forward effortlessly.					

I feel responsible, empowered and enthusiastic to take my next steps.					
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Comments: