

# EVALUATION FORM COACHING



<b>General data</b>	
Date first session	17-10-2018
Date last session	08-05-2018
Number of sessions	6
<b>Informative questions for the first session</b>	
What is the reason for coaching?	I write in my development program every year that I want to develop my programming skills. But I never know how, nor where I stand and where I want to go. I even start to doubt whether this is really the problem, or whether there is actually something else that makes me feel insecure about my development capabilities. This gives a to, inhibiting, uncertain feeling, and I want to get rid of that
What is the goal of coaching?	This goal was formulated during the first session: I feel like a full-fledged team member with substantial contribution to achieving the goal of the team
What are you expecting?	That I reach my goal
Are there any physical complaints?	No
Are there any emotional complaints?	Uncertainty about my contribution to the team
<b>Informative questions after the last session</b>	
What is the result after the sessions?	That I understand more about my uncertainty in my work, and I can better deal with it. I accept some things, and I take away some uncertainties. However, more questions have also emerged, which needs to be worked on, like learning to express thoughts (without too yes-but). Just through the sessions I see such questions earlier, and I can do something with it.
Are there any physical complaints?	N.a.
Are there any emotional complaints?	They disappeared after the sessions, but start (2 months later) again.
What do you think of the coach techniques?	The enneagram we discussed at first has given me insight into how and why of the different ways people (myself) respond to situations.  I found the coaching techniques remarkable, especially the open/closed fingers, because I can't predict what they're going to do, but it always seems to be right. This is also the case when repeating a sentence with the emphasis on a different word. We always come out with an action/solution that I think will help me. During the sessions I found the research methods understandable and logical, but in afterward I can no longer explain why that works that way.

What do you think of the coach?	Able, kind, reassuring (also by sharing own experiences), gives confidence that I can solve any problem.
What rating would you give the coaching (0-10)?	8