

EVALUATION FORM COACHING



General data	
Date first session	30-09-2015
Date last session	11-05-2016
Number of sessions	7
Informative questions for the first session	
What is the reason for coaching?	Insufficient overview of outstanding work, and therefore greater sense of workload and lack of space to address working methods for certain tasks. In short: lack of overview and rest.
What is the goal of coaching?	Find overview and peace/space to address the organization of my work differently.
What are you expecting?	I especially expected to get tips & tricks.
Are there any physical complaints?	No
Are there any emotional complaints?	No
Informative questions after the last session	
What is the result after the sessions?	I got insight into blockages that I had (unconsciously). Rachel has also been able to remove those blockades, which makes me much less "busy" about different things in my head.
Are there any physical complaints?	No
Are there any emotional complaints?	No
What do you think of the coach techniques?	Gives new insight and helps to "let go".
What do you think of the coach?	Rachel can hold the focus well on a specific point and give that attention needed to change it. It's nice to be able to work with her because she knows the daily practice and working methods within our organization.
What rating would you give the coaching (0-10)?	8