

Coach's Evaluation

Instructions: Rate your coach on the following scale, with 1 being low, and 5 being high.

- 1. I feel like my coach usually starts by focusing on my concerns. 1 2 3 4 5
- 2. When I express myself I feel like my coach understands me. 1 2 3 4 5
- 3. My coach shows interest with appropriate body language. 1 2 3 4 5
- 4. My coach usually asks really good questions. 1 2 3 4 5
- 5. Sometimes my coach talks too much. 1 2 3 4 5
- 6. My coach really listens before offering solutions. 1 2 3 4 5
- 7. Sometimes I feel like I am the coach, helping my coach to work out some of his or her personal issues. 1 2 3 4 5
- 8. My coach could tell you the general story of my life. 1 2 3 4 5
- 9. My coach knows my spouse's and children's names. 1 2 3 4 5
- 10. I feel encouraged by my coach. 1 2 3 4 5
- 11. I feel challenged to excel by my coach. 1 2 3 4 5
- 12. My coach initiates communication with me frequently. 1 2 3 4 5

Here are some suggestions on how my coach could be even better: _____

_____ My Name

_____ Date