



Monthly Review & Feedback

Name: _____ **Date:** _____ **No. of Sessions so far:** _____

Answer the questions below:

Low Avg High

1. How HELPFUL is the Coaching in moving you towards your goals? 1 2 3 4 5 (please circle)

2. What STEPS FORWARD have you taken this month? a. _____
b. _____
c. _____

3. What have you NOT DONE yet? _____

4. What was the most USEABLE SUCCESS STRATEGY you gained this month? _____

5. What was your FAVOURITE EXERCISE or TOPIC discussed this month? _____

6. What CHALLENGES are you facing in the coming month? a. _____
b. _____
c. _____

7. What SUPPORT do you want going forwards? _____

8. What IMPROVEMENTS could you suggest to the Coaching or Program?
Eg. order of things covered/discussed, what to add or remove, do differently or explain better? _____

Low Avg High

9. How SATISFIED are you with the overall Coaching experience so far? 1 2 3 4 5 (please circle)

10. (OPTIONAL) If you were to REVIEW what you've learned so far and write your own **SUCCESS STORY**, what would it say?
• *To help, consider what you wanted to resolve or improve through coaching, what you like best about coaching, your biggest learning, how you FEEL as a result of coaching or specific results you have had as a result of coaching.*
• *Or simply think what you might say to someone considering Coaching. Pick one of these and write below!*

Simply write on the back if you run out of space!