



Jan Scott

e: jan@janscott.co.uk

t: 01422 842543

Coaching review form

Have your expectations of coaching been met?

What was your goal when you started coaching?

Has that goal changed? If 'yes' please explain.

What have you achieved through coaching?

How will your life be different in the future?

How might life be now had you not had coaching?

What has been the greatest benefit you have achieved through coaching?

What did you not find useful or would have liked to have done differently? Do you have any ideas or insights about ways to improve?

Do you have any other comments about your coaching experience?

Thank you for your help, co-operation and feedback, which is of real value in helping me improve my practice.