



# INTERIM COACHING EVALUATION

CARER toolkit

1. NAME: \_\_\_\_\_

2. WHO IS YOUR COACH? \_\_\_\_\_

3. HOW MANY COACHING SESSIONS HAVE YOU HAD? \_\_\_\_\_

4. WHAT ARE YOU HOPING TO GET OUT OF THE COACHING? \_\_\_\_\_

5. MY COACH AND I MEET ON A REGULAR BASIS



6. MY COACH IS SUPPORTIVE AND ENCOURAGING



7. MY COACH IS A GOOD LISTENER



8. TO WHAT EXTENT IS COACHING HELPING YOU TO CARE FOR YOUR LOVED ONE BETTER?



9. TO WHAT EXTENT IS COACHING HELPING YOU TO FEEL BETTER ABOUT YOURSELF?



10. RATE YOUR GENERAL WELL BEING AT THIS MOMENT



11. PLEASE DESCRIBE WHAT YOU HAVE GAINED FROM COACHING SO FAR

\_\_\_\_\_

12. PLEASE DESCRIBE HOW YOUR COACHING COULD BE EVEN BETTER

\_\_\_\_\_

13. ANY OTHER COMMENTS

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