Feedback on Coaching and Mentoring Practice

Please complete the following at the end of your coaching/mentoring sessions to enable your coach/mentor to develop their skills and evaluate the effectiveness of the coaching/mentoring programme.

|  |  |
| --- | --- |
| **Key coach/mentor attributes** | **Please rate your coach/mentor** |
| Builds rapport |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Is non-judgmental |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Shows listening skills |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Uses questioning skills to help me self-reflect |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Has a structured approach to sessions |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Is friendly |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Helped me set my goals |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Empathises |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Shows respect  |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Is motivating |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Is supportive |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Maintains confidentiality |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Has patience |  poor 1 2 3 4 5 6 7 8 9 10 excellent  |
| Gives feedback when appropriate |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| Helps me achieve my goals |  poor 1 2 3 4 5 6 7 8 9 10 excellent |
| **Please describe your overall experience of coaching/mentoring with your coach:****How could your coach/mentor improve?** |