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.

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| --- | --- |
| **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?** | |