



Coaching – from fear to freedom

## **QUARTERLY COACHING EVALUATION**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Coaching without action is just a good conversation. You have taken action! This is an opportunity for you to review your growth over the past quarter and for me to learn more about how I can better serve you in the future. Please email or fax it back (773.489.0752)

**On a scale of 1 – 5, how would you rate your overall coaching experience?**

**Unsatisfactory**

**Exceptional**

**1**

**2**

**3**

**4**

**5**

1. How has coaching impacted your life?
2. Of what would you like more or less? Anything left unsaid or incomplete that you want to address at this time?
3. What are three things you have accomplished? (achieved goals, shifts, relate differently with others, etc)  
How do you show up differently?
4. What would you like to work on for the next three months?
5. What are you going to do to celebrate your growth and success? (Make it BIG—you deserve it!)
6. For publication: What changes in your life can you attribute to our coaching relationship? What qualities or skills do I bring to coaching that helped you make those changes?

Name and Title for print: \_\_\_\_\_

May I use your name for a testimonial?    YES    NO



Coaching – from fear to freedom

My goal as a coach is to be masterful at coaching and to operate on a referral basis, so I can devote my time to growing my clients, not my practice. To do this, I am building my practice in a very specific way. My approach is to select clients based on my ideal client type while informing you that I work on a referral basis, as well as giving you the tools to make referrals. So to help you know who (other than yourself!) is my ideal client, here are two areas for change in which I love to work and am focusing my practice.

*\* People who are ready to Answer the call to express their creativity and potential because the pain of not doing it is more intolerable than the fear of doing it. (Career/Life-purpose changes)*

*\* People who find that all they've ever wanted isn't enough. (Discover, Own & Express all of you.)*

**Who do you know that would benefit from a coaching partnership with me?** Please say what you see as their coachable topics and why you would refer them to me.

Name:	Phone:	Email:
Coachable topics:		
Reason to refer:		
Name:	Phone:	Email:
Coachable topics:		
Reason to refer:		
Name:	Phone:	Email:
Coachable topics:		
Reason to refer:		
Name:	Phone:	Email:
Coachable topics:		
Reason to refer:		

I appreciate that you have taken the time to let me know what works, where I can improve to better meet your needs and to facilitate the opportunity for others to share in this life-changing partnership. Thank you for giving me the opportunity to express my truth through you sharing yours.

Simone