Coaching Review

*This review helps you to look at the professional, personal development and the relationship between the Coach and Coachee. It provides an easy way to record what you are hoping to achieve, the actions needed, outcomes and support required.*

*Review Date Previous Review Date*

*Coach.............................................................. Coachee.......................................................*

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| *Was the setting, timing and venue appropriate for a productive session?* |
| *How easy was it to relax into an open and honest discussion?* |
| *How easy was it to build rapport?* |
| *What questioning did you use to explore issues?* |
| *How did you demonstrate effective listening?* |
| *What problems did you encounter and how did you explore and resolve them?* |
| *What actions were agreed for the future?* |
| *How could you have improved on this session?* |