**Futures Programme Sussex:**

**Coaching Feedback Template**

**Version 1** – May 2024

Please use the below chart to prompt feedback in relation to your experience of coaching and the benefits you have / are experiencing.

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| Behaviour | *1 - Have you had the opportunity to put into practice any insights, ideas, or intentions from the coaching to date?* |  |
| *2 - If so, what did you notice around own / others behaviour when you applied this learning?* |  |
| Reaction (Self) | *3 - How do / did you feel after the coaching sessions?* |  |
| *4 - What sort of emotions do / did the sessions surface either; before, during, after the sessions?* |  |
| Reaction (Process) | *5 - How useful do you find the process of coaching?* |  |
| Learning &  Attitude | *6 - What key areas of learning will you take / have you taken from the session/s?* |  |
| *7 - How might you think of using what you have learnt and by when?* |  |
| *8 - What new ideas or intentions are emerging or have emerged?* |  |
| Results | *9 - Did that experience change for the better as a result of what you did?* |  |
| *10 - What was different?* |  |
| *11 - Anything else you may consider moving forward?* |  |
| Any other feedback you would like to share? |  | |