



EVOLUTION COACHING SOUTH WEST

Transforming your Life, Health & Wellbeing

Thank you for being part of this coaching journey. Once your coaching journey ends, I would be grateful if you could take a few moments to complete a short feedback form.

Your reflections help me understand what supported you most, what could be improved, and how I can continue offering meaningful, high-quality coaching.

You're welcome to remain anonymous, or to share your name if you feel comfortable. Completed forms can be returned to julie@evolutioncoaching-southwest.com.

Your feedback not only helps me grow as a coach — it also supports others who may be considering coaching and want to hear about real experiences.

Reflecting on your coaching experience how prepared do you feel in moving forward with a clear plan?			
1 = Unprepared	2 = Quite Prepared	3 = Somewhat prepared	4 – fully prepared
1	2	3	4
How did the coach enable/support you to explore your situations and options?			
How well has the coaching aided clarity around your issue(s)/situation?			
How much do you think coaching has increased your sense of wellbeing?			
How has coaching had an impact on you? Please give examples			
How would you sum up your coaching experience?			
Would you recommend coaching to others?			Yes/No
Any further comments about your coaching experience, please add below			