**Life Coaching Feedback Form**

### **Coach and Participant Information**

**Coach’s Name: \_\_\_\_\_\_\_\_\_\_  
Date of Session: \_\_\_\_\_\_\_\_\_\_  
Duration of Coaching Session: \_\_\_\_\_\_\_\_\_\_  
Coaching Focus Area: \_\_\_\_\_\_\_\_\_\_**

### **Coaching Session Evaluation**

| **Evaluation Area** | **Excellent** | **Good** | **Average** | **Needs Improvement** | **Poor** |
| --- | --- | --- | --- | --- | --- |
| **The coach listened attentively.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **The coaching session was insightful.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **The coach asked meaningful questions.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **I felt motivated and empowered.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **The session provided valuable strategies for growth.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **The coach provided actionable feedback.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **The session was well-structured.** | **☐** | **☐** | **☐** | **☐** | **☐** |
| **I would continue coaching with this coach.** | **☐** | **☐** | **☐** | **☐** | **☐** |

### **Personal Development Insights**

**What is the biggest takeaway from this session?**

**How do you plan to apply what you learned?**

### **Participant Acknowledgment**

**Participant’s Name: \_\_\_\_\_\_\_\_\_\_  
Signature: \_\_\_\_\_\_\_\_\_\_  
Date: \_\_\_\_\_\_\_\_\_**