

# 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.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coaching session was insightful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coach asked meaningful questions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I felt motivated and empowered.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The session provided valuable strategies for growth.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The coach provided actionable feedback.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The session was well-structured.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would continue coaching with this coach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Personal Development Insights**

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

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

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**Participant Acknowledgment**

**Participant's Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

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