# How is My Coaching? Date:

**Delete blue text before printing** – *As the coach you can use this worksheet as your very own cheat sheet to navigate your client through a session.*

*This questioning model is excellent to use to get feedback on how your coaching style is working for your client. When you are a few sessions into a coaching program, take a few minutes during a session or simply email these questions to your client so that you can work even better together for the rest of the sessions.*

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| 1. | What is your assessment of the previous session? |
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| **2.** | **Is there anything I could have done differently?** |
|  |  |
| **3.** | **What would you like to see more of?** |
|  |  |
| **4.** | **What would you like to see less of?** |
|  |  |
| **5.** | **Is there any language I use that causes confusion?** |
|  |  |
| **6.** | **Are you being stretched enough? Can you be stretched more?** |
|  |  |
| **7.** | **How did that session make a difference? How could it have made more of  a difference?** |
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