

Coaching and Mentoring Network Feedback Form

Instructions

This is a fillable pdf.

Please complete, save as a pdf, and email a copy to D.Tolia-Kelly@sussex.ac.uk

Name of Coach / Mentor	
Date	

Section A: Initial Meeting and Agreement

		Yes	No
1	My coach completed a contract (agreement) with me at the beginning.		
2	My coach and I discussed and agreed goals for the coaching and mentoring process.		
3	What aspects of the initial meeting were useful?		
4	Is there anything else you would have liked to have known / discussed at the beginning of the process that would have helped you participate more fully?		

Section B: Personal Outcomes

Please reflect on your progress during the coaching and mentoring experience and complete the table below, marking **SP** (at your perceived starting point) and **FP** (at your perceived finishing point).

<i>(Where one is poor and five is very good)</i>		1	2	3	4	5	n/a
1	Self-awareness						
2	Interpersonal skills						
3	Confidence / self-esteem						
4	Contribution to your team / dept.						

5	How helpful has the coaching been in addressing your specified goals/needs? In what ways?	
6	How have your attitudes / behaviours changed? (please give examples)	
7	What impact have any changes made had on your professional performance?	
8	Have you had any feedback from others about changes in your behaviour they have noticed?	

Section C: Reflections on your relationship with your coach

Please complete the following table.

		<i>(Where one is poor and five is very good)</i>					
		1	2	3	4	5	n/a
1	Your relationship with your coach						
2	Your coach's ability to challenge/stretch whilst using a comfortable pace of learning						
3	Your coach's ability to help you explore alternative ideas / solutions						
4	What skills and attributes did your mentor demonstrate in your mentoring meetings?						

5	What knowledge did your mentor share? (e.g. theoretical models related to your development area)	
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Section D: Conclusion

Please complete the following table.

<i>(Where one is poor and five is very good)</i>		1	2	3	4	5	n/a
1	The extent to which your expectations of coaching and mentoring were met						
2	The extent to which there was an ongoing review of goals throughout the process						
3	Your overall satisfaction with the process						

		Yes	No
4	Would you recommend coaching and mentoring to a colleague?		

5	Do you have any comments that could help us build the Sussex Coaching and Mentoring Network?	
6	Do you have any additional comments on your experience?	

Thank you! We will use your feedback as part of our ongoing reflection on our role as coaches and mentors.

Please save this pdf and email it to the network coordinator Professor Divya Tolia-Kelly (d.tolia-kelly@sussex.ac.uk).

Print name: _____

Signed: _____