**Coaching Session Self Evaluation**

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| **Personal Coaching Goals (How-2):**  By the end of the session I will have... | |
| **Did you achieve this goal?** | |
| **What did you do that may have caused this?** | |
| **What else went well with the session?** | |
| **What was it that you did to enable this?** | |
| **What went less well?** | |
| **What did you do that may have caused this?** | |
| **Information and feedback from Support Coach** | |
| **What I learnt/want to improve in my coaching** | |
| **Action Plan to improve my coaching** | |
| **What support do I need?** | **Who will provide this support?** |
| **How will I measure my improvement/success?** | |