



# Coaching for Performance Workshop Feedback Summary

**Participants: 13**

**Workshop Date: 10-11 Sept 09**

**How do you rate the following areas of the workshop?**

Scale: 1-Poor 2-Satisfactory 3-Fair 4-Good 5-Excellent

Participant	1	2	3	4	5	6	7	8	9	10	11	12	13	AVERAGE
Achievement of stated objectives	4	4	4	5	5	4	5	5	5	5	4	5	5	4.6
Adequacy of notes and handouts	3	4	5	5	4	4	4	5	3	5	4	4	5	4.2
Design and organization of program	4	4	5	5	4	5	5	5	5	5	4	5	5	4.7
Instructor's preparedness	4	4	5	5	5	5	5	5	5	5	4	5	5	4.7
Instructor's ability to bring relevance of knowledge to participants	4	4	5	5	5	5	5	5	4	5	4	5	5	4.7
Instructor's articulation of key messages	4	4	5	5	5	5	5	5	5	5	4	5	5	4.8
<b>OVERALL Rating of the program</b>	<b>4</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>5</b>	<b>4</b>	<b>5</b>	<b>5</b>	<b>4.8</b>

**What new ideas have you gained from this workshop?**

No.	What I have found useful
1	Determine the goal of the coachee to start the session with.
2	GROW
3	Learn to listen, accentuate the positive, powerful questions & Rule #6
4	Listen more and understanding your coachee and talk later.
6	Building trust
7	Listen more and talk less
8	Assured visions, values & change ways to look at them.
9	4C Model, Distinctions between teaching, coaching, mentoring and counseling
10	New mindset in questioning, GROW model and 4C model
11	Draw solutions from the coachee
12	Incorporate coaching methods effectively
13	Coaching is a powerful tool to drive performance

**How do you rate your knowledge on the subject before and after the workshop?**

Participant	1	2	3	4	5	6	7	8	9	10	11	12	13	AVG
Knowledge level <b>BEFORE</b> workshop	4	2	4	2	3	6	5	6	2	3	2	2	5	3.2
Knowledge level <b>AFTER</b> workshop	8	8	9	9	7	7	9	8	7	8	7	8	9	8.0
Ease of application of knowledge to work	8	8	7	10	7	9	9	8	7	8	7	8	9	8.0