# How is Your Coaching Experience with Stella?

# Date:

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