# 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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