



Coaching Checklist

Self Evaluation Questionnaire

Mostly

Sometimes

Never

Coaching and communication style

1 Did I smile, praise, encourage and reinforce the actions of the participants during the sessions?

2 Did I reward effort as well as outcome?

3 Was I consistent and fair in my treatment of all participants?

4 Did I encourage the participants to have an input into the session and did I listen to them when they had something to say?

5 Was I patient and supportive of the participants as they learned?

6 Did I show the enthusiasm while coaching?

7 Did the participants have fun during the session?

8 Was I sensitive to the individual needs of all the participants?

9 Did I personally demonstrate good listening behaviour?

10 Was I patient and tolerant with all participants, regardless of individual skill levels?

11 Did I give equitable attention to all participants?

Session Planning and Implementation

12 Was I well prepared and organised for each session?

13 Did I keep the participant's level of ability in mind when planning the session?

14 Was I prompt in arriving at the venue each day of the program?

15 Was the equipment organised and did the session run smoothly?

16 Was my session varied and interesting so that it challenged all participants and developed their confidence?

17 Were the demonstrations appropriate? (i.e. was a good model provided, could everyone see, did everyone understand the instructions)

18 Was I able to assist participants to correct errors when they occurred?

19 Did the participants have a chance to play with minimum guided instruction?

20 Did I use a variety of teaching / coaching methods?

21 Did I group participants appropriately, and give everyone the chance to develop their skills?

22 Did I give constructive and specific feedback?

23 Did my instructions match my non-verbal actions towards them?

24 Did I give too many instructions for any activities?

25 Did I change my communication methods to suit the needs of the participants?