

Heartland Coaches Association

Post-Service Grant Evaluation

Organization: Unity Village Name and title: SA

Dates of coaching services received (months/year): December 2009 – January 2010

1. On a scale of 1 to 10, with 10 being most useful, please rate the usefulness and satisfaction of your coaching experience 9
2. Please describe/characterize your coaching experience My coach and I met once in person and had several phone conversations. The experience was upbeat, casual, and fun. Initially, I was concerned that the experience would be stuffy, formal or difficult. I was pleasantly surprised!
3. Please provide specific examples of any changes you have made, goals that you've achieved, or tangible results as a result of your coaching experience My coach suggested an exercise to "think outside of the box" and create the most wild and crazy ideas to gain business. Several "tamed down" versions of these ideas have now been implemented, mostly having to do with usage of social media outlets, such as Facebook.
4. What have you learned, or discovered about yourself, as a result of your coaching experience? I initially took a PSI evaluation. Eye-opening! I consider myself to be a fly-by-the-seat-of-my-pants kinda gal, but this evaluation categorized me as "ordered". However, I know that I am a quick decision maker, so that was reinforced by the test. What I learned is to not underestimate myself and that my perception of myself is not necessarily the perception of others.
5. What aspects or features of coaching did you find most helpful? I liked the PSI Evaluation and I enjoyed coming up with crazy ideas.
6. How do you see your coaching experience impacting your personal and/or professional life going forward? I feel that we sometimes get bogged down with the 'daily grind' of our jobs, and we forget to keep moving forward with new and fresh ideas. I also have a renewed confidence in my job skills and the contribution that I am making to Unity.
7. Recognizing that coaching does not include providing advice, how could your coach have conducted your sessions differently that would have improved your coaching experience? I think that my coach did a great job of encouraging me, without leading me. I was not expecting advice from this experience, although initially I did not know what to expect. This experience was a nice balance of encouragement and refocusing