

## **Testimonials from Good Samaritan Project**

On behalf of the management staff and the Board of Directors, I want to say "thank you" to you and the Heartland Executive Coaches Alliance for the in-kind grant of coaching services.

I believe that overall, the experience for the participants was positive and that Good Samaritan Project gained some valuable tools to help us do our work a little better.

Please convey our thanks to all the coaches who were part of this process.

Thanks again,  
D. S. Good Samaritan Project

Please rate the usefulness of your life coaching experience below.  
Extremely useful  Very useful  Moderately useful  Slightly useful  Not useful

1. How would you characterize your experience of coaching?

*I was able to identify key values important to me and use that to evaluate my current work environment. I identified things I needed to change to improve my job satisfaction.*

2. Please give specific examples of changes you have made in your personal and professional life or goals that you have achieved as a result of your coaching relationship.

*I allowed myself the time and resources to pursue specific personal, creative outlets that had gone unexplored. I ventured to Peru, for example, and engaged in challenging experiences outside my normal comfort zone. I have engineered some subtle, but important changes in job duties that are liberating. I am more focused on what I can do that makes a difference and less caught up in energy sapping office intrigue.*

3. Describe what aspects of coaching have been the most helpful to you.

*I have lived for my son for many years, and oftentimes made decisions that put his interests before mine. This was necessary and satisfying in its own way. Now that he's off to college this fall and more independent, I see the opportunity to begin leading a more balanced life. I am refocusing on what makes me feel happy and fulfilled. And, I'm eliminating that which does not enrich my life.*

4. List what else you have learned, confirmed or discovered from your coaching.

*Now is the time to act. No more excuses.*

5. How do you see your coaching experience impacting your personal/professional life going forward?

*I will be more apt to know my needs and defend my interests from intrusion. Action at this point is more important than contemplation. I am committed to raising the level of satisfaction in my daily life on the job and at home. That, I believe, will benefit me, my wife and son, and my colleagues.*

1. Please rate the usefulness of your life coaching experience below.

Extremely useful  Very useful \_\_\_ Moderately useful \_\_\_ Slightly useful \_\_\_ Not useful

2. How would you characterize your experience of coaching?

*It gave me in sight on how to approach things differently when dealing with my employees. I also found out I need a vacation; I was reaching burn out!!!*

3. Please give specific examples of changes you have made in your personal and professional life or goals that you have achieved as a result of your coaching relationship. *Scheduled two vacations! I also started asking my staff what do they need from me to bring out the best in them, and received better results, as far as their job performance.*

4. Describe what aspects of coaching have been the most helpful to you.

*Proscan PDP*

5. List what else you have learned, confirmed or discovered from your coaching.

*My coach and I had a lot in common. However, I also confirmed that I like who I am, and how I operate! For the most part I'm FINE!! Things just have to make sense in my world!!!*

6. How do you see your coaching experience impacting your personal/professional life going forward? *I did not find out a whole lot about myself I didn't already know! I may change a little in my professional life if I have to in order to work with other people if it brings out the best results. Personally I love my family and they love me just as I am. I am comfortable with who I am and who I interact with. I'm not interested in letting new people in my personal world!!!*

## **AMW**

1.) *Extremely Useful*

2.) *I enjoyed working with Lorrie. She is very professional and thorough*

3.) *I plan to take my LMSW test very soon*

4.) *Having an objective person to guide me through step by step goal planning was the most beneficial aspect of my coaching experience*

5.) *I have a very happy life and a lot to be thankful for.*

6.) *I have set goal and I'm working on them! I will e-mail Lorrie once they are completed*

## **CR**

1. Please rate the usefulness of your life coaching experience below.

Extremely useful \_\_\_ Very useful \_\_\_ Moderately useful \_\_\_ Slightly useful \_\_\_ Not useful

2. How would you characterize your experience of coaching?

*I was a bit skeptical at first, mainly because it was unfamiliar and slightly because of the old adage 'you get what you pay for' (i.e. – it was free). After the*

*first session, I knew this was going to be an invaluable opportunity and at the perfect time. Overall, it was quite literally a life changing experience.*

3. Please give specific examples of changes you have made in your personal and professional life or goals that you have achieved as a result of your coaching relationship.

*I have a much better 'sense' of myself professionally.*

*I am more motivated and strategic in regard to professional goals and abilities*

*I have seen the value in networking and being able to do it in a way that works for me.*

4. Describe what aspects of coaching have been the most helpful to you.

*see above*

5. List what else you have learned, confirmed or discovered from your coaching.

*see above*

6. How do you see your coaching experience impacting your personal/professional life going forward?

*I believe this coaching experience will prove to be the catalyst for me to not only consider different career paths, but also put myself in a position to excel in new areas.*

Please answer the following questions openly and honestly. Feel free to use additional paper if you wish to write more than you have space for on this page.

1. Please rate the usefulness of your life coaching experience below.

Extremely useful X Very useful \_\_\_ Moderately useful \_\_\_ Slightly useful \_\_\_ Not useful

2. How would you characterize your experience of coaching? *Positive; insightful; helpful*

3. Please give specific examples of changes you have made in your personal and professional life or goals that you have achieved as a result of your coaching relationship.

*My coach encouraged me to really focus on the agency's strategic plan and use it as a tool to help evaluate the progress of all my managers. We have completed that process, and everyone has examined where we are—what we've accomplished (or not) and how and why.*

4. Describe what aspects of coaching have been the most helpful to you.

*Helping me focus on key issues, such as employee relationships and fundraising.*

5. List what else you have learned, confirmed or discovered from your coaching.

*That I'm on the right track.*

6. How do you see your coaching experience impacting your personal/professional life going forward?

*By staying focused on our goals while not being controlled by them.*