

COACH ACCREDITATION

CLIENT TESTIMONIAL



Your Coach has applied for Rational Emotive Behaviour Coach/Cognitive Behavioural Coach Accreditation. As part of the accreditation process we ask for one client testimonial as to the effectiveness of the individual.

Name of Coach: _____

A. How good was your coach at:

1 = low

3 = Average

5 = high

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|---|--|-----------|
| 1 | Keeping agreed appointments | 1 2 3 4 5 |
| 2 | Allowing you to set the agenda for your sessions | 1 2 3 4 5 |
| 3 | Keeping a check on the points agreed during your sessions and feeding these back to you including any review points from previous sessions | 1 2 3 4 5 |
| 4 | Encouraging you to use a journal, log or written reflection note to reflect on learning experiences | 1 2 3 4 5 |
| 5 | Sharing experiences and ideas as options for you to consider | 1 2 3 4 5 |

B. How well did your coach:

1 = low

3 = Average

5 = high

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|---|---|-----------|
| 6 | Establish rapport with you – listening to what you said and displaying empathy with your thoughts and ideas, giving clear responses and summaries, communicating openly with you etc. | 1 2 3 4 5 |
| 7 | Explain clearly any necessary concepts, information and techniques giving clear, concise and constructive feedback | 1 2 3 4 5 |
| 8 | Use questionnaires and/or self-assessment profiles (if appropriate) to help you understand yourself better | 1 2 3 4 5 |

- 9 Ensure you retained responsibility to solve problems and change your behaviour gaining your commitment to a Personal Action Plan 1 2 3 4 5

C. How good was your coach at:

1 = low

3 = Average

5 = high

- 10 Asserting him/herself without being aggressive or passive 1 2 3 4 5
- 11 Showing that he/she was knowledgeable, skilful and willing to liaise with other appropriate experts 1 2 3 4 5
- 12 Demonstrating good time management practices 1 2 3 4 5
- 13 Communicating a genuine belief in the potential for people to improve their performance 1 2 3 4 5
- 14 Managing your emotions 1 2 3 4 5
- 15 Acting as a good role model 1 2 3 4 5

D. How good was the coaching programme at helping you to:

1 = low

3 = Average

5 = high

- 16 Assess your current levels of competence 1 2 3 4 5
- 17 Improve your performance 1 2 3 4 5
- 18 Become more aware of learning 1 2 3 4 5
- 19 Prioritise your development needs 1 2 3 4 5
- 20 Maximise any learning opportunities 1 2 3 4 5
- 21 Set yourself development goals or targets 1 2 3 4 5
- 22 Monitor and/or evaluate the achievement of your objectives 1 2 3 4 5
- 23 Set yourself new goals 1 2 3 4 5
- 24 Create a Personal Development Plan 1 2 3 4 5

25 Feel more positive about your development 1 2 3 4 5

26 Raise your morale 1 2 3 4 5

Are there any other personal or business benefits you believe have been derived from your coaching?

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Please add any further comments you may have:

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If the AREBT requires further information would you be prepared for an officer of the AREBT to ring you?

Yes No

Telephone number you can be contacted on (including STD code)

Tel:

Signed:

Date:

Thank you for completing this questionnaire. It will help us greatly in evaluating the Coaching programme and in providing feedback to your coach.

Please return your completed form to your Coach who will then include it as part of his/her accreditation application.