**COACHING OBSERVATION SHEET**

COACH: COACHEE: OBSERVER:

*DID COACH…*

1 Listen with minimal interruptions? YES NO UNSURE

2. Demonstrate empathy? YES NO UNSURE

3. Reflect coachee’s statements to ensure understanding? YES NO UNSURE

4. Help coachee find own answers? YES NO UNSURE

5. Listen without passing judgment? YES NO UNSURE

6. Use intuition to probe coachee’s feelings? YES NO UNSURE

7. Show curiosity about other’s goals, strategies, etc. YES NO UNSURE

8. Ask a powerful question? YES NO UNSURE

9. Acknowledge coachee’s effort/accomplishments? YES NO UNSURE

10. Ask for accountability? YES NO UNSURE

COMMENTS:

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