

Mags Kerns Coaching - Client Feedback Questionnaire

Thank you so much for agreeing to give some feedback on your recent experience of participating in my 1:1 Coaching Programme for HR Practitioners.

Name

Date of completing the form

What made you decide to work with a coach?

I felt I was at a crossroads in my current role, I wasn't sure if I wanted to leave or stay. I didn't feel I had the time or space to make an informed decision, but I knew I was downing and it was not maintainable.

I had suffered burnout at the end of 2021 and knew I was heading back that way.

What made you choose me over other coaches?

I chose Mags after being a member of her Facebook group HR Sanctuary and seeing all the positive feedback. As Mags has a background of HR she truly understands the demands of the role.

I was very lucky to win a free session with Mags, which gave me an insight in how she worked and she made me feel immediately comfortable.

How has your experience been of coaching with me?

Fantastic, my previous experience of coaching had me feel uncomfortable and knocked my confidence, but the exercises Mags puts in place really help. Any kind of self-reflection is uncomfortable but the way Mags completes the sessions really put you at ease. You don't feel rushed or judged in anyway.

What has changed for you since doing the coaching programme?

My confidence has improved and I feel a fog has been lifted, working with Mags I realised my values match those of my organisation and my line manager so I am no longer in a rush to find another role. I have put in place some self-care routines which help me maintain a healthy level of stress!

What 3 specific benefits did you gain from the coaching programme?

Confidence is big gain for me, I felt like an imposter and was just waiting for everyone else to find out, I now realise, after completing exercises with Mags, I am good at my job and my current company are lucky to have me. I don't know everything, but that is ok.

The brain fog has cleared, I have a clear idea of where I am heading in my career and now feel comfortable with it and my mind now feels at peace. Work is still busy, but I now feel mentally able to deal with it, and can see how working the long hours I was working was not a productive way to work and get a lot more work done now in my normal shorter working days than I did when I was working 10-12 hour days.

Realising that some of my behaviours were not healthy or helpful for myself or the people I was working with.

What in particular did you enjoy about the programme/working with me?

The values session was really interesting that was when I felt the turning point in my mindset.

Is there anything that would have made the experience even better?

Nothing, the sessions were personal to me, we had a recap of the previous session at the start of the session and then discussed the goal of the current session.

Regarding the price of my program, which of the following applies?

Excellent value, I'd have paid more About right Expensive, but worth it Expensive, and not worth it

Please use the box below to provide any further information you'd like.

I highly recommend Mags, and I really enjoyed a sessions.