

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

[Redacted]

Date of completing the form

17/10/2022

What made you decide to work with a coach?

I was frequently becoming really stressed, felt overwhelmed in my job and doubted my ability. I felt I needed some self-care and get some guidance to help me manage and improve the situation before it became worse and really affected my health and wellbeing.

What made you choose me over other coaches?

I became aware of you the HR Sanctuary group and liked what I was reading. You offered a free virtual coffee meeting which I found very enlightening. You really understood how I was feeling and I liked you - I was immediately put at ease and knew that I would be comfortable opening up to you.

How has your experience been of coaching with me?

It has been wonderful. From our first session you were able to put a finger on exactly what I was going through and give me insight as well as practical tools that have really helped me with a mind shift. Under your guidance I was able to see very clearly how my learned reactions, old, preconceived ideas and mindset were having a negative effect on me.

What has changed for you since doing the coaching programme?

I feel so much more confident - I am back in the driving seat. I have the tools now to stop myself when the old thoughts creep in. For the first time in ages I know I am good enough.

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

Increase in confidence in my ability - exorcising old demons!
Shift in mindset - having the tools to ensure I am less time urgent and people pleasing
Reminded to concentrate efforts and feelings on what I can control.

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

I really looked forward to the sessions and having the opportunity to discuss my issues with someone so supportive who totally understood how I was feeling and had methods and tools available to help me overcome my self-limiting beliefs.

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

More sessions! :)

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 would love to keep in touch and maybe attend some more sessions - perhaps in a group environment?