

# 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

05/10/2022

**What made you decide to work with a coach?**

I was really struggling with being in a more senior position in my company and spinning lots of plates. I felt my confidence was going and was feeling imposter syndrome creep up more and more daily. But I knew other people within my business were noticing it too. I felt I needed to do something to try and help me adjust my outlooks, so thought coaching would be a good place to start.

**What made you choose me over other coaches?**

I'd seen a couple of your LinkedIn / Facebook posts and found them interesting. When we spoke on the initial call, I felt that your calm, open and honest approach aligned with how I could see myself working well with your support and guidance. Equally the fact that you've been in HR positions so understand what life is like as an HR professional gave it that extra niche to be able to guide.

**How has your experience been of coaching with me?**

Wonderful! You're easy to talk to, you listen, give advice, provide support and even before we start the sessions you made me feel so at ease that I felt it was like chatting to a friend who'd known me for years. You always remembered the small detail, from previous sessions. I liked the way you pushed me out of my comfort zone and sometimes I didn't even know you were doing it until afterwards.

**What has changed for you since doing the coaching programme?**

My confidence has certainly grown as well as the overall belief I have in myself (which was seriously lacking). The way in which I approach things or difficulties I may find in my role, I can approach and handle them in a better, informed, relaxed way.

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

Positive self-belief in my abilities  
The level of confidence I have day to day and in meetings with senior exec level staff  
Understanding why perhaps I think the way I have been

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

The examples and tasks you used to help push me think about things differently, I'm using stop / drop on a regular basis.

Your flexibility - there were a few times I had to postpone or rearrange, this was reassuring to know there wasn't any pressure to complete the course within a certain amount of time

Your personality / approach - the way you made me feel at ease every session, you'd listen and provide feedback / guidance where needed, this is exactly what I needed

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

More so on my side, just making sure I'd completed all tasks and sticking to them. I found this difficult when work / personal situations got in the way. The visualization tasks for me were key and I preferred these instead of having to write things down (although I understand why writing things down is important and have started doing this more often!)

**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.**

Thanks Mags, the sessions have been great and I've really valued the work and effort you have put into helping me overcome some of the challenges I was facing. I would definitely recommend your coaching course to others (and have) as I feel the benefit and knowledge I now have will support me going forward with future choices and decisions.