



Self Evaluating Your Coaching Sessions: Things to Consider

1. What am I really pleased about?
2. How did I present a professional image?
3. Was I well organised?
4. How did the participants respond to my instructions?
5. Which of the activities helped the riders' learning of the skills/techniques?
6. Why were the exercises appropriate for the riders?
7. How did I know there was appropriate rest between exercises?
8. What showed the participants were motivated and engaged?
9. What progress did I observe in each participant?
10. Did I get to where I had planned?
11. Which different techniques did you use to allow for different learning styles?
12. Do I need to further revise my topics for this group? Why?
13. How did the participants feel at the end of the session?
14. Which appropriate questions did you use to ascertain whether learning had taken place?
15. What parts of my feedback genuinely helped the participants?
16. What could I improve if I ran this session again?