

## GREAT EASTERN LIFE ASSURANCE (M) BERHAD

COURSE TITLE: **COACHING FOR PEAK PERFORMANCE**  
 DATE: 14-15 May 2015  
 FACILITATOR: Wai K Leong  
 PARTICIPANTS: SVP & AVP

RATINGS: 1 - STRONGLY DISAGREE      2 - DISAGREE      3 - AGREE      4 - STRONGLY AGREE

	PARTICIPANTS	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	AVG
	<b>COURSE CONTENT</b>																		
1	The course objectives were met	4	4	4	3	3	3	3	4	3	4	4	3	3	3	4	3	4	3.5
2	The course contents met my expectations	4	4	4	3	2	3	3	4	4	4	3	3	3	3	3	3	4	3.5
3	The examples and activities were relevant	4	4	4	3	3	4	3	4	4	4	3	4	4	4	4	3	4	3.7
4	The training can increase my ability to perform current and future job task	4	4	4	4	3	3	3	4	4	4	3	4	4	4	3	3	4	3.6
5	The training was taught in a logical and easy to understand	4	4	4	3	3	4	3	4	4	4	3	3	4	4	4	3	4	3.6
	<b>COURSE MATERIAL</b>																		
6	The information in the instructional materials were easy to use and understand	4	4	4	3	3	3	3	4	4	3	4	3	4	3	3	4	4	3.5
7	The materials given were sufficient	4	4	4	3	3	3	3	4	4	3	3	3	4	3	3	4	4	3.5
	<b>TRAINING ENVIRONMENT</b>																		
8	There was good use of different training materials during the program	4	4	4	4	3	3	3	4	4	4	3	3	4	4	4	3	4	3.6
9	The course duration was just enough to cover all that I need to learn	4	4	4	3	3	4	3	4	4	3	3	3	3	3	3	3	3	3.5
10	The training facility was conducive for learning	4	4	4	3	4	4	3	4	4	4	3	3	3	3	3	3	4	3.5
	<b>INSTRUCTORS EFFECTIVENESS</b>																		
11	The instructor was well prepared	4	4	4	4	3	4	3	4	4	4	4	4	4	4	4	4	4	3.9
12	The instructor conducted the training at the right pace	4	4	4	3	3	4	3	4	4	4	4	4	4	4	4	4	4	3.8
13	The instructor demonstrated good knowledge of the subject matter	4	4	4	4	4	4	3	4	4	4	4	4	4	4	4	4	4	4.0
14	The instructor was able to encourage participation	4	4	4	3	3	4	3	4	4	4	4	3	4	4	4	4	4	3.8
15	The instructor spoke in a manner that was clear and easy to understand	4	4	4	3	4	4	3	4	4	4	4	4	4	4	4	4	4	3.9
	<b>OVERALL LEVEL OF KNOWLEDGE &amp; SKILLS</b>	Rate from 1 to 4																	
16	I had before attending the course was	3	1	1	1	1	2	1	2	2	2	2	2	1	1	2.5	2	1	1.6
17	I had after attending this course is	4	3.5	2	3	2	4	2	3	3	3	3	3	3	3	3	4	2	3.0

### Other Comments

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|---|
| 1. Good mix of theory and practice. Good to learn from a practitioner. Follow-up sessions would be good |
| 2. I like the fun, different activities and learning  |
| 3. Two days workshop is just good to allow learning and understanding in using coaching techniques      |
| 4. I learned to accept that do not assume and make a conclusion without asking further.                 |
| 5. Very good coach, pace was good and easy to understand.   |