

### COURSE EVALUATION FORM

**COURSE TITLE:** PRACTICING COACHING (Nestle Singapore)  
**DATE:** 12 September 2013  
**VENUE:** Capri by Frazers (Changi)  
**FACILITATOR:** Wai K Leong

	<b>PARTICIPANTS</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	AVG
<b>A</b>	<b>COURSE OBJECTIVES AND CONTENTS</b>																		
1	Training content met my expectations	5	4	4	4	5	5	4	4	4	4	4	5	4	5	4	4	5	4.4
2	Examples are adequate to help understanding	5	4	4	5	5	5	4	5	5	5	5	5	4	5	4	4	5	4.7
3	Training approach stimulated interest	5	4	4	5	5	5	4	5	4	5	5	5	4	5	4	5	5	4.7
4	Training has increased my ability to perform	5	4	4	5	5	5	4	5	4	4	4	5	5	5	5	4	5	4.6
5	Training activities were effective	5	4	4	5	5	5	4	5	4	4	4	5	5	5	4	5	5	4.6
<b>B</b>	<b>COURSE MATERIALS</b>																		
1	Materials were useful for future reference	3	3	4	4	5	4	NA	3	3	3	4	4	4	5	4	1	5	3.7
2	Materials were easy to understand	4	3	4	4	5	4	NA	4	3	3	5	4	3	5	4	4	5	4.0
3	Materials were sufficient	3	4	3	4	4	4	NA	3	3	3	5	4	3	5	4	4	4	3.8
<b>C</b>	<b>TRAINING ENVIRONMENT</b>																		
5	Time allocated for group activities adequate	4	4	4	5	5	5	4	4	3	4	4	5	4	5	5	4	4	4.3
6	Duration was nice to cover what I needed	5	4	4	4	5	5	3	5	3	4	4	5	3	5	4	4	4	4.2
	Training facility was conducive for learning	5	4	4	5	5	5	4	5	4	4	5	5	3	5	5	4	5	4.5
<b>D</b>	<b>THE TRAINER</b>																		
1	Demonstrated good knowledge of subject	5	5	4	5	5	5	5	5	4	5	5	5	5	5	4	5	5	4.8
2	Able to encourage participation	5	5	4	5	5	5	4	5	5	5	5	5	5	5	4	5	5	4.8
3	Able to communicate subject clearly	5	5	4	5	5	5	5	5	5	5	5	5	4	5	4	5	5	4.8
<b>E</b>	<b>OVERALL COMMENTS</b>																		
5	My knowledge/skills before course	3	3	3	3	3	3	2	3	3	4	3	3	4	4	3	2	2	3.0
6	My knowledge /skills after course	5	4	4	4	4	4	3	4	4	5	4	5	4	5	4	3	4	4.1

#### What did you found useful

1. Listening for strengths	2. Mindset shifts and scaling technique
3. Conversation with my direct reports can be more focused now.	4. The GROW model of coaching to ensure effective listening.
5. Always ask for outcome first and look for strengths	6. Give positive feedback and be transformational
7. Positive reinforcement and validation	8. Develop customized solution to achieve higher buy-in
9. Coaching focus	10.