



## SWAGELOK (Regional)

COURSE TITLE: **COACHING FOR PERFORMANCE**  
 DATE: 15-16 June 2015  
 FACILITATOR: Wai K  
 PARTICIPANTS: Management Team

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

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		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
	<b>COURSE CONTENT</b>																					
1	The objectives of the training was clearly defined	5	4	5	4	4	4	4	5	5	5	5	5	4	5	4	5	5	3	5	4	4.5
2	Participation and interaction was encouraged	5	4	5	4	5	4	4	5	5	5	5	5	4	5	5	5	5	3	4	4	4.7
3	The topics covered were relevant to me	5	4	5	3	4	5	5	5	5	5	4	5	4	5	4	5	4	3	4	4	4.6
4	Contents was organized and easy to follow	5	4	5	3	3	4	4	5	4	5	5	5	3	5	5	5	4	4	4	4	4.3
5	The materials distributed were helpful	5	4	5	3	4	4	4	5	5	5	5	5	4	5	3	5	4	3	4	4	4.3
6	This training experience will be useful to my work	5	4	5	4	5	4	4	5	5	5	5	5	4	5	4	5	4	3	5	4	4.5
7	Trainer was knowledgeable about the training topics	5	5	5	4	5	4	5	5	5	5	5	5	4	5	5	5	4	4	5	4	4.7
8	Trainer was well prepared	5	5	5	4	5	4	5	5	5	5	5	5	4	5	5	5	4	4	5	4	4.7
9	Training objectives were met	5	4	5	3	3	4	4	5	5	5	5	5	3	5	4	5	4	3	4	3	4.4
10	Time allocated for training was sufficient	5	4	5	3	5	4	4	5	5	5	5	5	4	5	5	5	5	3	4	4	4.5

### Other Comments

1. Very appreciative that the trainer handled the session with passion. Would be nice if the training manual was in colour.
2. I like the interaction and the sharing of experiences. It will be useful to have a follow-up session to gauge our progress.
3. The examples were very practical and I like the hands-on practice sessions
4. Good participation from everyone and lively
5. I have learnt to ask more questions and be curious. Learnt that trust and relationship is important
6. I will remind myself to be a solution enabler instead of a solution provider
7. I realize that coaching is a continuous process and remaining positive is important
8. This is a very lively and practical workshop where participants are constantly asked to pair up to practice. The diagrams were colourful and easy to understand. I like the little green book given to us as I find this very a powerful tool in pocket size. I got a lot of realization and self-check.
9. The course is very practical and the skills can be applied immediately.