

# ENDING WELL EVALUATION

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Remember our first session? During that time, we talked about how important it was for us to consciously create a powerful partnership - to design our coach/client relationship in a way that you would feel most supported, empowered and challenged to move forward toward your deepest dreams. How we began our relationship has had an impact on the success of your coaching journey, it really mattered.

It's just as important that we end well together; that we mark or celebrate the completion of this chapter of your journey in coaching. How do we best do that?

As you prepare to complete your program, I have provided some questions to guide you in your process. These don't have to be answered in full, but will be helpful as we look back over the journey we've taken together, see where you are now and clarify where you are going.

## **APPRECIATING THE JOURNEY:**

What have you most appreciated about our coaching together?

What have you most appreciated about working with me as your coach?  
What behaviors, or way of being, served your growth?

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## **ANCHORING THE LEARNING:**

What have you learned during our time together? You have probably grown in many ways. What are some of the successes that stand out for you?

What concepts do you most want to remember?

## **CLEARING ANY UNFINISHED BUSINESS:**

What unfinished business do you have, something you wish you had done but didn't get to? What would you like to do about it? You might decide to finish it. You might choose to lay it down and not finish it. What support do you want to get it done?

## **FORGIVING AND LETTING GO:**

Are there areas where you want to practice forgiveness, or be forgiven? Most importantly, is there something you want to forgive yourself for? Is there anything in our relationship to which forgiveness needs to be applied?

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## HONORING THIS COMPLETION:

What do you want to do to celebrate or mark the ending of this phase of the journey? Some ideas are to light a candle, write a letter to yourself, talk about your experience with your close friends, have a glass of wine, go on a hike and reflect on your experience, or write in your journal about some of the above questions.

## GRACEFULLY MOVING FORWARD:

How will you support your own growth going forward?

As I move forward as a coach, what are some suggestions you have on how I can improve the way I work with clients?

If you feel positively about our work together, are you willing to write a testimonial that I might use in my promotional material?

Testimonial:

*"Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won. It exists, it is real, it is possible, it is yours."*

**-Ayn Rand**