



# 360 Coaching Assessment

In order to receive feedback from multiple perspectives, please have a minimum of 3 people complete the coaching assessment form, as well as yourself. For optimal assessments try to collect feedback from the following various stakeholders:

- Peer coach(es)
- Coaches at a higher level eg. Head coach
- Parents
- Team Managers
- Coaches at a lower level eg. Assistant coach
- Athlete(s)

**After you have had a chance to collect and review the completed assessments, please answer the following questions:**

What did you learn?

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Why is this insight important?

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What will you do in light of the feedback received?

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What skills do you feel you bring to the mentoring relationship?

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What skills would you like to further improve?

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