



Just like in sport, analysing our performance is important to us.

Please take time to answer this questionnaire. On page 1, mark one of the applicable symbols to indicate how you agree with each statement. On page 3, fill in the blanks by answering the open questions. In case you do not want to answer a certain point, please leave it out. Your feedback will be evaluated anonymously and exclusively serves to further optimise our counselling service. Thank you for your honest opinion!



I do not agree at all
with the statement



I totally agree
with the statement

THE ORGANISATION

The scheduling of our sessions was easy and flexible. They were well-coordinated with my timetable (e.g., training, class, etc.).



The room(s) for our sessions was/were good. I liked the location(s).



THE COMMUNICATION

The overall atmosphere of the session(s) was good. I felt comfortable in our talk(s).



My counsellor actively listened to me and was responsive to my concern. I felt heard and understood.



My counsellor and I defined a concrete counselling objective. It was clear to me what I aimed to achieve in the session(s).



My counsellor expressed himself/herself clearly. I could understand the given inputs. If I did not, my counsellor explained them in a different way so I could comprehend



THE OUTCOME

My counsellor could give me exactly the kind of information that I needed. I received helpful answers to my questions.





I have fully achieved the counselling objectives that my counsellor and I had initially defined together.



The counselling has created a true value for me. Without the sessions, I would have hardly found optimal answers to my questions.



The counselling has helped me to get to know myself a bit better. I have learned something new about myself which will empower me to go my own way more autonomously in the future.



I think that I my athletic performance will also benefit from the counselling. I have the feeling of being closer to myself and, thus, stronger and more stable.



THE BIG PICTURE

This is my overall rating for the counselling.



I would recommend this counselling service to other athletes.



This is what I **especially liked** about the counselling:

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This is what I **did not like** so much:

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These are my **tips** for further improvement:

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This is what I would **like to say** in the end:

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Name of my counsellor:

Date:



