



I do not agree at all
with the statement



I totally agree
with the statement

THE ORGANISATION

The first contact went well. I could efficiently collect the most relevant information of the athlete. I was able to clarify his/her concern ahead of our first session. I comprehensibly explained my service and counselling approach.



The scheduling of our session(s) was efficient. I could easily coordinate the talk(s). There were no avoidable postponements of the session(s) necessary.



The contact with the sporting, educational and/or private entourage of the athlete was uncomplicated and efficient.



The room(s) for our sessions was/were good. I felt comfortable. The location(s) benefited the counselling process.



My process management was adequate. I took time to post-process the session(s) and prepare for each next meeting.



THE COMMUNICATION

The overall atmosphere of the session(s) was good. The athlete and I managed to establish a good working relationship.



My assignment as a counsellor was clearly carved out. The athlete defined a concrete counselling objective. The corresponding scope of counselling was clear to both the athlete and me at the beginning of the process.



The athlete actively engaged with the process. He/she was responsive to my inputs. If applicable, home tasks were done adequately by the athlete.



The athlete was given enough space and time to express himself/herself. I actively listened to his/her concern and professionally dealt with the associated feelings.



I expressed myself accurately. My communication was tailored to the athlete. I ensured his/her comprehension of my given inputs.





The used methods were adequate. My type of interventions suited the athlete's personality and nature of request.



THE OUTCOME

We have fully achieved the counselling objectives that the athlete and I had initially defined together.



The counselling has created a true value for the athlete. Without the counselling, he/she would have hardly found optimal answers to his/her questions. The counselling will have an empowering impact.



THE BIG PICTURE

This is my overall rating for the counselling.



This was **especially good** in this counselling process:

This was **less good** in this counselling process:





These are concrete **tips to myself** for further improvement:

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This is the **one main thing** I want to remember/take away from this counselling process:

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Name of my counsellor:

Date:

