How am I doing?

After your coaching session you can use this form to make a note of your performance and areas you can improve upon in future sessions. Be honest and let your coach know how you feel your session went too so they can work with you to progress your skills. If you're not sure how to complete this form, ask your coach for feedback and work through it together. If your sessions are spaced apart, don't forget to read over this form again before your next session to remind yourself of the areas you would like to improve on.

Your name:

Date of session:

Topic and level of award (*for example, lungeing your horse, silver*):

- What skills were you focusing on today?

- What did you enjoy about the session?

- What skills or knowledge would you like to improve, or develop, in the future sessions?

- How do you think you can improve or develop the knowledge or skills you mentioned above?

- Set yourself one target for your next session: