

AF CONFLICT MANAGEMENT COACHING (CMC) EVALUATION FORM

Coach's Name: _____

Your Installation: _____

Your Grade/Rank : _____

Date(s) of Sessions: _____

1. My CMC sessions were conducted: (In person) (Phone) (VTC) (Computer/Webinar)
2. Did you complete the entire coaching cycle? (Yes) or (No)
 If not, why not? (optional) _____
3. Are you in a supervisory role? (Yes) or (No)
4. Did coaching help you identify ways to better manage a conflict? (Yes) or (No)
5. Will you be able to manage the situation without a claim/grievance? (Yes) or (No)
6. **CMC Process:** The following questions concern your experience with the conflict management coaching process. Please tell us how satisfied you were with each of the following features. (For each feature, check the column corresponding to your opinion.)

Process	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Clarity, quality, and quantity of information you received about the process.					
Ability to clarify your goal.					
Gain a better understanding and perspective of the conflict.					
Identify options to move forward.					
Prepare a plan to achieve my goal.					
Identify new insight of the conflict or myself.					
Outcome of the process compared to what you expected.					
Process	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Overall, how satisfied were you with the process?					

7. Would you recommend this process? (Yes) or (No)

8. **CMC Coach:** Please evaluate your conflict management coach using the following chart.

Coach	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Assisted me in identifying my goal and steps to reach my goal.					
Created a comfortable and safe environment.					
Strengthened my knowledge, skills, and abilities to engage more effectively in conflict.					
Showed me the AF 5 Ps model and followed it in his/her effort to help me reach my goal.					
Helped me explore options and challenges to reaching my goal.					
Provided open and honest feedback.					
Left the decision-making up to me, absent pressure or advice.					
Coach	Very Satisfied	Satisfied	Neutral	Dissatisfied	Very Dissatisfied
Overall, how satisfied were you with the abilities of the coach?					

9. Would you recommend this coach? (Yes) or (No)

10. Due to the coaching experience and what I have learned, I believe I have saved an estimated _____ [hours] in time/energy I might have otherwise spent on this conflict.

11. I believe I will be taking _____ [hours] less time off due to stress-related incidents.

12. How did you find out about coaching? _____

13. Please feel free to provide any other comments, regarding the CMC process and/or coach and whether this will benefit you in the future, on additional pages.
