**FINANCIAL OPPORTUNITY CORPS**

**POST COACH TRAINING SURVEY**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Match the steps in the C O A CH model to the following powerful questions.

C = Competency

O = Outcome

A = Action

CH = Checking In

*Directions: Place the letter(s) for the appropriate coaching conversation phase.*

a. What are 3 steps to achieve your goal?

b. What have you tried so far?

c. What will you do, by when & how will I know?

d. What do you really want?

*Directions: Circle the letter for the best/most appropriate answer to the following questions.*

1. As Coaches, what are some things we listen for?
   1. Values
   2. Self-imposed obstacles
   3. Missing resources
   4. All of the above
2. In establishing the Coaching Relationship we want clients to know…
   1. They need to do as we say
   2. They may realistically never achieve their goals
   3. The coach will act as a partner
   4. The coach will pick the appropriate goal for the client
3. Each of the following are coaching skills, EXCEPT…
   1. Challenging
   2. Brainstorming
   3. Giving Advice
   4. Powerful Questions
4. The first step in achieving your goal is to WRITE a goal statement. Writing your goal using the SMART formula allows your goal to be …
   1. Specific, Measurable, Acceptable, Realistic and Time-Bound.
   2. Savvy, Monitored, Achievable, Relevant and Time-Bound.
   3. Specific, Measurable, Achievable, Relevant and Time-bound.
   4. Strong, Manageable, Accountable, Real-time and Trackable.
5. A tool Coaches use in financial coaching is…
   1. Getting the client’s history
   2. Wheel of Money
   3. The needs of the client’s children
   4. All the problems facing the client
6. A Coach is mostly likely to be…
   1. Highly Directive
   2. Offering Guidance
   3. Teaching
   4. Asking Powerful Questions
7. Values are…
   1. A nice idea
   2. The ideal you strive for
   3. Who you are at your core
   4. A luxury
8. One thing that makes coaching unique is…
   1. Everyone does it
   2. Clients are seen as naturally creative, resourceful and whole
   3. Crisis management
   4. It makes you a different person
9. Which of the following is a debt payment method that focuses on the highest interest rate debt first?
   1. Snowball method
   2. Paying minimum payments
   3. Avalanche method
10. The two aspects that affect your credit score the most are…
    1. Types of credit and applications for credit
    2. Length of credit and past payment history
    3. Outstanding debt and types of credit
    4. Past payment history and outstanding debt