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Coaching Research Institute LLP

### **Free Online Coaching Evaluation System Made Available in Three Languages: Japanese, English, and Chinese**

Evaluation system based on ICF Core Competencies

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Tokyo, Japan - Coaching Research Institute LLP (CRI) has developed Coaching Skills Evaluation System (CSES), an online evaluation system that measures the impact of coaching. CSES is currently free, and is now made available to coaches from January 16, 2013 in three languages: Japanese, English and Chinese. Owing to its unique ability to quantify coaching skills of coaches, and the impact of coaching, the International Coach Federation (ICF) is also encouraging the use of CSES to its members to gain more data on the impact of coaching.

#### **■ An evaluation system capable of quantifying coaching impact**

CSES allows both the client and the coach to evaluate the interaction of the coach, and the effectiveness of coaching using an online questionnaire consisting of 40 items at the end of the coaching period. The questionnaire consists of items that are in line with ICF's Core Coaching Competencies. The following are some examples of questionnaire items: "The coach listened to me until I finished speaking and did not interrupt in the middle of my speech", and "I achieved the goals I had set at the outset of the coaching engagement".

#### **■ A tool capable of effectively fostering the improvement of coaching skills**

By obtaining explicit feedback from the client, and by quantifying the evaluation of coaching at the end of the coaching engagement, the coach will have the opportunity to identify his or her strengths and weaknesses. This also enables the coach to effectively develop his or her coaching skills. The coach also has access to real-time comparison of scores with other coaches who use the system around the globe.

#### **■ As a cornerstone of research on coaching functions and effectiveness**

CSES is made available in three languages: Japanese, English and Chinese, and the ICF is encouraging its 21,000+ member coaches in 100+ countries to utilize the system. Based on data expected to be accumulated from all over the world, CRI plans to continue research of the 'impact of coaching' and the 'mechanism' in which coaching functions. Through the diffusion of practice of validating coaching effectiveness, CRI anticipates global coaching standards to be raised to one that provides greater effectiveness.

Coaching Research Institute LLP is a research agency established through financing from COACH A Co., Ltd. CRI's researchers certified in professional coaching aim to understand the most effective mechanism in which coaching thrives, and foster the global standardization of impact measurement means.

For more information, please visit [https://www.coacha.com/cgi-bin/cr/contact\\_en/index.cgi](https://www.coacha.com/cgi-bin/cr/contact_en/index.cgi) or contact Yukari Moriya or Kei Ohtani +81-3-3237-3457, Coaching Research Institute LLP