

Sample Reflection Survey

Purpose

This sample instrument illustrates how coaching interactions within the NEST framework may be evaluated. The survey below is provided for demonstration and implementation discussion purposes. The research instrument used in ongoing studies may differ.

Instructions

Please reflect on the coaching conversation that followed your bedside teaching encounters using NEST. Indicate your level of agreement with the following statements by circling a number 1-5.

Feedback Quality

1. I was able to give feedback that was specific and actionable.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Reflective Practice

2. The discussion helped me identify areas for learner growth.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Goal Setting

3. A specific goal for the learner's improvement was identified during the discussion.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Coaching Culture

4. The evaluation felt supportive rather than evaluative.

Strongly Disagree 1 2 3 4 5 Strongly Agree

Open Reflection

1. What was the most helpful aspect of the NEST coaching interaction?

2. What suggestions do you have for improving this coaching tool?