

A Matter of Balance: Managing Concerns about Falls Coaching Skills

Date:

Session attended:

Coach:

Master Trainer/ Mentor:

Please complete using “S” for satisfactory and “O” for opportunity for improvement and provide comments when indicated.

Coaching Skills	Coach	Mentor	Comments/Suggestions
Follows the curriculum as outlined in the Matter of Balance Manual			
Able to clearly explain topics and activities			
Uses time well and paces activities			
Comfortable leading the group			
Creates an environment that supports and encourages participants in sharing			
Encourages participation using a variety of strategies			
Leads group exercises appropriately and safely			
Maintains a safe environment for the class			
Works well with other coach(es)			

Additional suggestions and observations:

Coach: _____ **Date:** _____

Master Trainer/ Mentor: _____ **Date:** _____