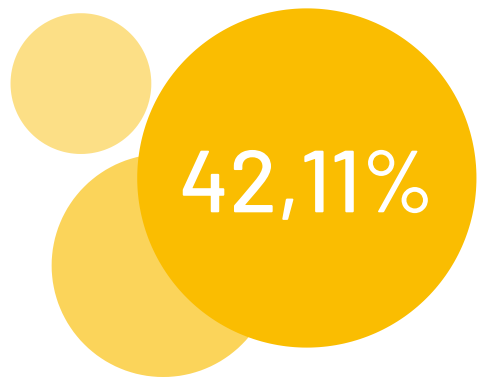


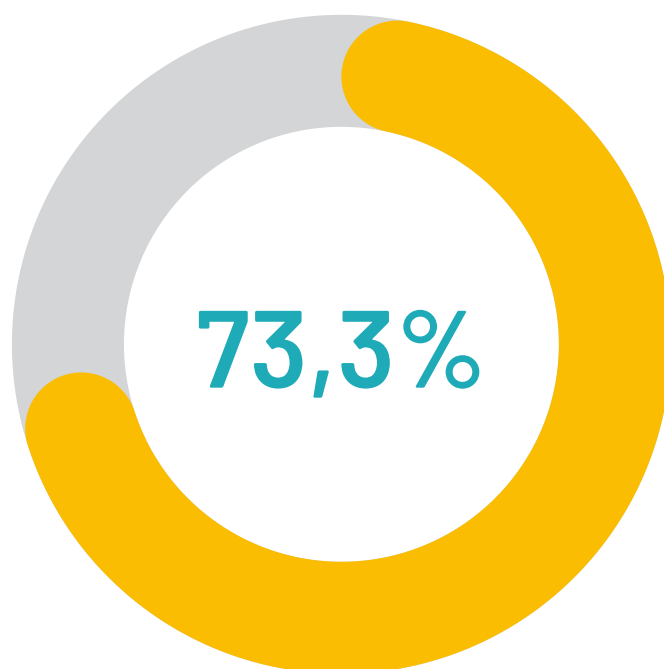
Results of the Efficacy Study



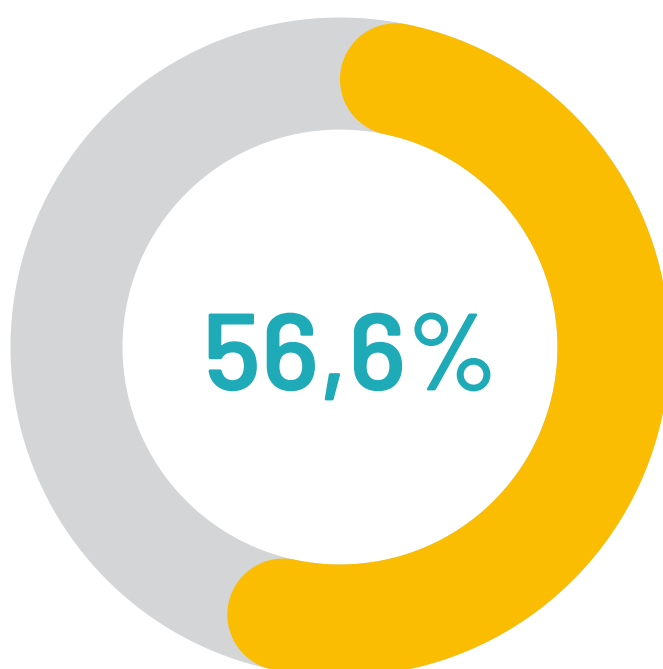
42,11% of respondents had not yet had business coaching because their employer does not offer coaching.



Results of the test of the online-based self-coaching tool from **evoach**:



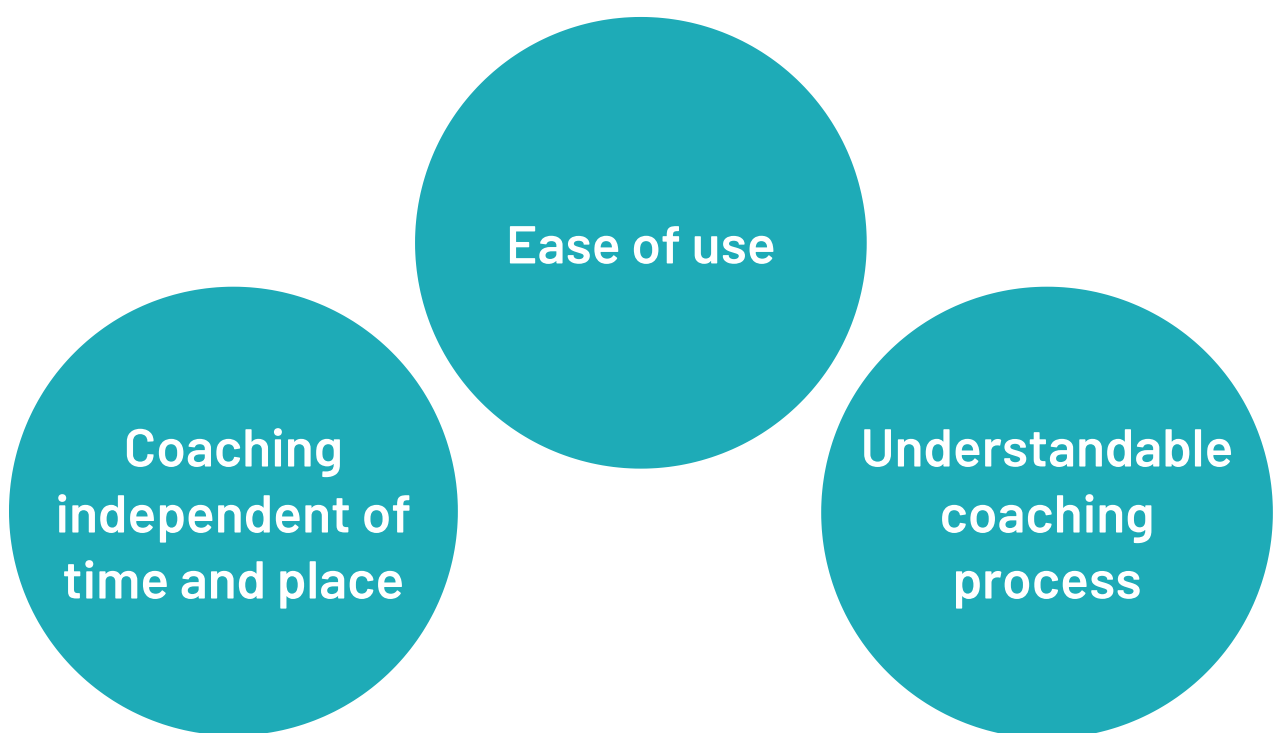
73,3% of the respondents were able to improve their **self-reflection skills**.



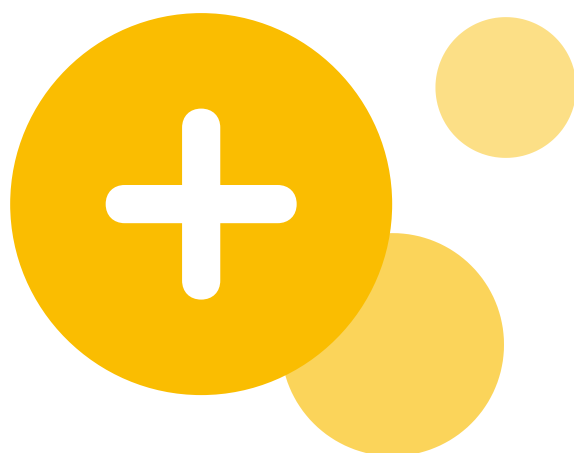
56,6% of the respondents were able to improve their **conflict ability**.

Results of the Efficacy Study

What are your expectations of online-based self-coaching?



What **advantages** do you see in online-based self-coaching compared to classic business coaching?



- **Independence of time and place**
 - **Availability** (also for employees who do not usually receive coaching)
 - Cost-benefit factor: **Effectiveness/ Efficiency**
-

What **disadvantages** do you see in online-based self-coaching compared to classic business coaching?

- No empathy and lack of individuality (lack of humanity)
- No real relationship of trust between coach and coachee
- No monitoring/control possibilities of the coachees during the coaching process

