



Jacqui Frost- The Leaders' Coach

Initial self-assessment – 1:1 coaching

Name:

Date:

Please scale each statement by considering the frequency with which you “do” or “experience” it. This is confidential and individual assessments will not be shared

Never=1

Always =10

I feel a sense of overwhelm, unable to think clearly or find a solution for the problem.									
1	2	3	4	5	6	7	8	9	10
I ensure my strategies deliver measurable outcomes.									
1	2	3	4	5	6	7	8	9	10
I communicate regularly, repeatedly and in a variety of ways so that people fully understand the priorities and focus at any given time.									
1	2	3	4	5	6	7	8	9	10
I filter out distractions in order to focus on what is important.									
1	2	3	4	5	6	7	8	9	10
I know what takes me from pressure to stress.									
1	2	3	4	5	6	7	8	9	10
I look after myself rest, reenergise and renew.									
1	2	3	4	5	6	7	8	9	10
I know what takes others from pressure to stress.									
1	2	3	4	5	6	7	8	9	10
I see opportunity in uncertainty.									
1	2	3	4	5	6	7	8	9	10
I encourage others to both challenge and support me.									
1	2	3	4	5	6	7	8	9	10
I stay on purpose even when others are being negative and unhelpful.									
1	2	3	4	5	6	7	8	9	10
I anticipate a range of possible outcomes of results (both positive and negative) and plan accordingly.									
1	2	3	4	5	6	7	8	9	10
I consider the impact my decisions will have at different levels of the organisation.									
1	2	3	4	5	6	7	8	9	10
I have a range of skills and strategies to help me and my team overcome challenging situations.									
1	2	3	4	5	6	7	8	9	10