

Individual Coaching Needs and Assessment Questionnaire

Are you ready to be coached? Would you benefit from coaching?

Please take a moment to complete the self-assessment questionnaire which will help you to decide if you are ready to be coached by Carolann and if you will benefit from Carolann's coaching.

SECTION 1

Do you agree or disagree with the following statements?

		Agree	Disagree	Unsure
1	I want to improve my performance.			
2	I want to find out what high performance behaviors are.			
3	I want to empower myself to become a high performer.			
4	I want to build on already existing high performance behaviors.			
5	I want to develop a mind-set of high performance behaviors.			
6	I need to correct my poor performance.			
7	I want faster realization of personal and professional goals.			
8	I want to bring about ongoing performance improvement and increased productivity in my life.			
9	I need to improve my managerial assertiveness and effectiveness.			
10	I want to ensure that my behavioral patterns are aligned to my personal and business goals.			

11	I want to accelerate the development of myself to a leader.			
13	I want to improve and maximize my performance & leadership skills, abilities and effectiveness.			
14	I want to transform my life, undergo personal reinvention and lead abalanced, purposeful, fulfilled life.			

SECTION 2

How do you see yourself?

		Agree	Disagree	Unsure
15	I generally have high career aspirations.			
16	I am keen to discover, clarify, and align with what I want to achieve in my career.			
17	I have high career aspirations and want to plan my way to greater success.			
18	I want to achieve a whole person (mind, Body, Soul, Spirit) state.			
19	I want to improve skill sets and abilities; improve my effectiveness.			
20	I want to realize my full power and potential.			
21	I want to overcome career problems or hurdles.			
22	I want to enjoy a rewarding and fulfilling career.			
23	I am open to learning about how to create and manifest better outcomes in life.			
24	I am willing to make changes to life if I need it.			
25	I am committed to following through on any action items coaching may involve.			

EVALUATION: Score key:

Agree: 5 points **Disagree:** 2 points **Unsure:** 0 points

If you have scored 90 or above:

You are ready and will certainly benefit from Carolann's coaching. Contact us now to get started, so that you achieve faster realization of personal and professional goals!

If you have scored below 90:

We recommend a complimentary orientation cum coaching session with Carolann to help you realize the benefits of coaching and its impact on your performance and success! Contact us now to get started, so that you achieve faster realization of personal and professional goals!