

End of coaching assignment – self assessment by Coachee

The following questions relate to your coaching sessions with 3Qetc

What did you focus on in the coaching sessions?

1.
2.
3.
4.

The following surveys and psychometric tests were completed.

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| ☐ 1. Harvard / 3Qetc Leadership survey | ☐ 7. Self-compassion test |
| ☐ 2. Cappfinity Strengths psychometric test | ☐ 8. Motivation test |
| ☐ 3. Stakeholder mapping exercise | ☐ 9. Fixed growth mindset test |
| ☐ 4. Flourishing Wheel | ☐ 10. Values Analysis |
| ☐ 5. Listening test | ☐ 11. journaling |
| ☐ 6. Emotional intelligence test | ☐ 12. Other |

Regarding the above objectives and goals, please answer the following questions:

1. What did you focus on through the sessions?

2. What did you learn about yourself?

3. In hindsight, what were your blind spots?

4. What changes have you made in your overall leadership style?

5. How and what changes have you made in how you interact with your colleagues

6. What are you doing now to develop your team leaders?

7. What are you consciously doing differently now?

8. How has your strategic thinking changed?

9. What are you now doing around succession planning?

10. What do you want to focus on in your personal development in the next six months?

11. To what extent do you agree with the following statements?

	STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE
1. The coach created a safe environment to discuss issues					
2. The coach appropriately challenged my mindset when needed					
3. The coach provided useful tools, frameworks and coaching models					
4. I felt comfortable being vulnerable with the coach.					
5. The coach followed up after meetings with feedback and homework					
6. I feel I have started to develop in new areas					
7. The coach was effective in Goal setting and action planning					
8. I have benefitted from the coaching experience					

12. Any other insights or comments?