

Assessment to Identify Coaching Goals

In preparation for working with a Leadership Coach please reflect upon the following questions.

Set aside at least 30 minutes to consider your goal(s) and identify those you want to achieve and/or change(s) that will benefit you and your organization. Your Manager, if applicable must *approve* this Assessment. Your Coach will also ask about your answers to this assessment.

SAVE/PRINT A COPY OF THIS DOCUMENT FOR REFERENCE

1. What goals are you currently meeting or exceeding in your current role?
2. Which goals are difficult to meet? Why?
3. What is the behaviour(s) you want to improve or the change(s) you want to achieve through leadership coaching?
4. If you get better at this behaviour(s) or make this change(s) what will be the main benefit for you and for your organization?
5. In what ways will this goal(s) and/or change(s) be in alignment with the vision and/or mission of your organization?
6. What has to happen for you to achieve your goal(s), and/or make the change(s) and what might you need to give up?
7. On a scale from 1 (low) to 10 (high), how committed are you to achieving your goal(s), and/or making the change(s)?