

## Coaching from Cedarwood (CfC)

### SELF-ASSESSMENT SURVEY

This confidential, self-directed survey tool is designed to assist you evaluate your potential interest in *Coaching from Cedarwood*. It suggests common areas for introspection, and allows you to consider whether discussing these types of issues would be beneficial.

The SAS is intended to foster a broad consideration of life/work issues, as well as integration of personal skills, gifts, and interests. The questions are purposely open-ended, and reflect the general approach of the coaching relationship.

Should you decide to further explore *Coaching from Cedarwood*, your responses to the survey questions will serve as a valuable "baseline", and provide a highly personalized starting point for your discussions.

*Coaching from Cedarwood* is the collaborative process of assisting individuals determine the shortest distance between where they are and where they want to be.

- What does success mean to you?
- What is it you do better than anyone else you know?
- What do you do to re-energize?
- Who are the people in whose lives you make a difference?

- Do you hold strong opinions on most subjects?
- Do you tend to make plans well in advance?
- As you accomplish your goals, do you tend to establish new ones?
- If so, do they tend to be grander?
- Where and how do you find daily encouragement?
- Do you find exhilaration in unpredictable situations?
- Have you experienced this exhilaration recently?
- Are you able to maintain your moral and ethical standards - at home, as well as at work?
- Do your closest work associates know you well, on a personal
- Were you satisfied with your last performance review?
- Other than work, where/how do you achieve a deep sense of meaning and purpose?
- Is flexibility in work situations important to you?

- What would you like to do more in your current situation?
- What would you like to do less?
- What makes those activities meaningful or undesirable?
- Envisioning your life and career three years in the future: What would you most like to see yourself doing?
- What key resources do you already have to make those things reality (people, materials, expertise, etc.)?
- Think of those you admire, both personally and professionally: What qualities do they have in common?
- Which of those qualities best describes you?
- What types of opportunities would best utilize those qualities?
- List three job-related situations you'd most like to avoid.
- Name a particularly interesting subject about which you learned something recently.
- What made it interesting?
- Will you continue to learn about this subject?

- Complete the sentence: "When I reward myself, I \_\_\_\_\_"
- Complete the sentence: "During my lifetime, I want to \_\_\_\_\_"
- Recall a positive career experience and describe the conditions that surrounded you. Picture the setting, the circumstances, the event, etc. What made the event satisfying?
- Did the event bring out the best in you?
- How did other people contribute to the experience?
- What might your life look like if all the factors and circumstances most conducive to positive performance were in place?
- Everyone wants to succeed. Are you accountable to anyone for your personal measurement of success?
- To better serve you better, please give us your name and contact information.