



CoachStation Self-Awareness Questionnaire

1. What are you most passionate about? Why?

2. What are your professional interests and values? What types of projects do you enjoy? Are you motivated by compensation? By increased responsibility? By a sense of mission?

3. For your life to be ideal, what would need to change?

4. Do you think you are currently performing up to your potential? Why or why not?

5. What would you attempt to do right now if it was impossible to fail at it?

6. What periods of your life have you most and least enjoyed? Why?

7. How do you define success?

8. Describe a recent situation that you would like to discuss as part of your coaching and mentoring.

9. What are your top five skills i.e. those skills in which you have the most proficiency and/or those you enjoy using the most?

- 1.
- 2.
- 3.
- 4.
- 5.

10. What do you believe are the top two or three skills you need to learn to grow in your job or feel more satisfaction in your life?

11. What are the three main areas of your life that you would like to improve?

12. What is your favourite part about being a manager and leader? Why?

13. What is your least favourite part about being a manager and leader? How do you manage this?

14. What one thing could I do as your coach to best support and work with you?

15. What questions would you like to ask me during your next coaching and mentoring session?

- 1.
- 2.
- 3.