

CoachStation Self-Awareness Questionnaire

1. What are you most passionate about? What things in life give you the most joy? Why?

2. What types of work do you enjoy? What drives you? What motivates you to come to work each day?

3. What is one thing we could change about work for you that would improve your personal life?

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

5. What is most challenging for you in your work on most days?

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

Most: -----

Least: -----

7. How do you define success?

8. What skills would you like to develop right now?

9. What do you feel is your greatest accomplishment at work in the last 12 months? What are you most proud of?

10. Who was your favourite coach or manager you have ever had? What did you like and appreciate about how they worked with you?

11. Do you ever feel imposter syndrome or not worthy? When does it happen?

12. How do you learn best - what medium, format, or approach? Do you read; listen to podcasts; other option?

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

14. What are your favourite and least favourite parts about being a manager/leader? Why?

Most: -----

Least: -----

15. What challenges do you feel you have compared to other people you work with?

16. How well do you feel you truly know and understand your peers, co-workers and immediate manager?

17. How can I best work with and support you? How would coaching work best for you?

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

1) -----

2) -----
