Self evaluation for coaching/ mentoring

In order to be a coach/ mentor, it is important to understand what your strengths and weaknesses are when dealing with colleagues and staff.

On a scale of 1 to 10, how good are you at…..

|  |  |  |
| --- | --- | --- |
| Skill | circle  ☺ ☹ | Please give examples |
| Managing your time | 1 2 3 4 5 6 7 8 9 10 |  |
| Being motivated | 1 2 3 4 5 6 7 8 9 10 |  |
| Being dedicated | 1 2 3 4 5 6 7 8 9 10 |  |
| Being Committed | 1 2 3 4 5 6 7 8 9 10 |  |
| Expressing yourself | 1 2 3 4 5 6 7 8 9 10 |  |
| Being confident | 1 2 3 4 5 6 7 8 9 10 |  |
| Tackling problems | 1 2 3 4 5 6 7 8 9 10 |  |
| Helping others | 1 2 3 4 5 6 7 8 9 10 |  |
| listening | 1 2 3 4 5 6 7 8 9 10 |  |
| Being reliable | 1 2 3 4 5 6 7 8 9 10 |  |
| Showing empathy | 1 2 3 4 5 6 7 8 9 10 |  |
| Meeting deadlines | 1 2 3 4 5 6 7 8 9 10 |  |
| Organising yourself | 1 2 3 4 5 6 7 8 9 10 |  |

Thinking about your role as a coach/ mentor

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| 1. What makes you a good coach/ mentor? |
|  |
| 1. What do you need to improve to be a good coach/ mentor |
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