

Coaching Self Assessment

How many times in the last week did I...

1	Provide unconditional praise	
2	Give constructive feedback	
3	Check a colleagues' level of motivation	
4	Inspire a colleague	
5	Ask for feedback	
6	Consciously delegate a task	
7	Hold a really effective team meeting	
8	Provide upward feedback	
9	Check a team's morale	
10	Coach a more junior person	