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…..

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