

# Exercise: Coaching Self-Assessment

**Instruction:** Use this scale to rate your frequency in each activity: Often, Sometimes, Rarely, Never.

<b>One-on-One Meetings</b>  How often do you schedule individual meetings to check in on your employees' progress and challenges?	
<b>Role Clarity and Expectations</b>  How frequently do you discuss and clarify job roles, expectations, and objectives with your employees?	
<b>Feedback and Communication</b>  How often do you provide feedback and communicate openly with your team members?	
<b>Support and Development</b>  How regularly do you offer support for personal and professional development?	
<b>Recognition and Motivation</b>  How often do you acknowledge your employees' efforts and motivate them to achieve their goals?	

The best would be if you answer often here. If you have answered rarely or never then there's a lot of room for improvement and these lectures can help you.