

Plateau Diagnostic



Executive Leadership Lab | Module 1 | January

Instructions: Check all statements that feel true for you right now. Be honest—this is for your eyes only. Your responses will help you identify your primary plateau type and top drivers.

Clarity & Direction

- ☐ I don't have a clear next role or career target
- ☐ I'm unsure what I want or where I'm headed professionally
- ☐ My goals feel vague or I keep changing them
- ☐ I don't know what success looks like for me right now

Value & Positioning

- ☐ I struggle to articulate my unique value or contributions
- ☐ I'm not sure what I'm known for or should be known for
- ☐ My strengths feel outdated or not aligned with where I want to go
- ☐ I have skill gaps that are limiting my growth

Visibility & Recognition

- ☐ Decision-makers don't see or recognize my work
- ☐ I do great work but rarely get credit or visibility
- ☐ I'm not in the rooms where important decisions are made
- ☐ I feel overlooked or undervalued despite my contributions

Relationships & Sponsorship

- ☐ I don't have a sponsor or advocate in senior leadership
- ☐ I lack mentors who can guide my career growth
- ☐ My network feels weak or not aligned with my goals
- ☐ I don't know who could help me get to the next level

Energy & Sustainability

- ☐ I'm burned out and have no bandwidth for growth activities
- ☐ I'm over-functioning—doing too much with too little support
- ☐ Work-life balance feels impossible right now
- ☐ I'm exhausted and can't sustain my current pace

Mindset & Identity

☐ I second-guess myself and struggle with imposter syndrome

☐ Perfectionism slows me down or holds me back

☐ I avoid high-stakes conversations or visible opportunities

☐ Fear of failure or rejection keeps me playing small

Your Diagnostic Results

Primary Plateau Type:

Skill / Role / Identity (or combination)

Top 2 Plateau Drivers:

Based on where you checked the most boxes, what are your primary barriers?

One Insight from This Exercise:

What became clearer after completing this diagnostic?