

Plateau Diagnostic

Executive Leadership Lab | Module 1 | January

Purpose: Identify your primary plateau type. Check all statements that feel true right now.

Be honest—this is for your eyes only.

Skill Plateau

- ☐ I'm known as 'the expert' but keep getting passed over for leadership
- ☐ My strengths feel outdated or too narrow for where I want to go
- ☐ I lack exposure to strategic or cross-functional work
- ☐ My comfort zone has become my ceiling
- ☐ I need new skills or credentials to reach the next level

Role Plateau

- ☐ My manager has nowhere to go either
- ☐ The organization is flat or constantly restructuring
- ☐ Budget constraints are limiting new positions
- ☐ I've outgrown my scope but can't expand within this role
- ☐ There's no clear path to promotion in my current position

Identity Plateau

- ☐ I experience imposter syndrome despite my track record
- ☐ Perfectionism often delays my action
- ☐ I fear visibility or being seen as self-promoting
- ☐ I find myself shrinking to fit instead of standing out
- ☐ I avoid risks or difficult conversations that could advance my career

Your Primary Plateau: