

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- My strengths feel outdated or too narrow for where I want to go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: