

Self-Assessment Questions for Coach

Coach's Self-Assessment for Performance Coaching:

1. Am I proficient in setting clear and measurable performance goals with my team members?
2. Do I actively monitor and track my team members' progress towards their performance objectives?
3. Am I effective in providing timely and constructive feedback on my team member's performance?
4. Do I assist team members in identifying strengths to leverage and areas for improvement?
5. Am I skilled at helping team members develop action plans to address performance gaps?
6. Do I facilitate discussions on strategies to enhance team members' productivity and efficiency?
7. Am I able to recognize and celebrate team members' achievements and milestones?
8. Do I support team members in managing obstacles and challenges that impact their performance?
9. Am I proactive in helping team members overcome performance-related barriers?
10. Do I encourage a growth mindset and resilience in team members when facing setbacks?
11. Am I proficient in fostering accountability and ownership in team members' performance goals?
12. Do I actively seek feedback from team members to improve my coaching effectiveness?
13. Am I able to adapt my coaching approach to meet the changing needs of team member?
14. Do I effectively balance support and challenge in coaching interactions with team member?
15. Am I committed to continuous learning and development to enhance my coaching skills?
16. Do I maintain confidentiality and uphold ethical standards in my coaching practice?
17. Am I able to empower team members to take the initiative and drive their performance improvement?
18. Do I encourage team members to reflect on their achievements and areas for growth?
19. Am I proactive in providing resources and support to aid team members' performance development?
20. Do I foster a positive and trusting coaching relationship with team members to maximize their performance outcomes?

Coach's Self-Assessment for Developmental Coaching:

1. Am I skilled at helping team members clarify their long-term career goals and aspirations?
2. Do I actively listen to team members' career concerns and aspirations without judgment?
3. Am I proficient in assisting team members in identifying their strengths, values, and interests?
4. Do I support team members in exploring potential career paths and development opportunities?
5. Am I able to challenge team members' limiting beliefs and encourage them to stretch their potential?
6. Do I provide constructive feedback and guidance to aid team members' career development?
7. Am I effective in helping team members develop personalized development plans and strategies?
8. Do I assist team members in building their networks and seeking mentorship or sponsorship?
9. Am I proactive in helping team members navigate career transitions and changes?
10. Do I empower team members to take ownership of their career development and growth?
11. Am I proficient in helping team members enhance their self-awareness and self-confidence?
12. Do I encourage team members to seek learning opportunities and pursue continuous development?
13. Am I sensitive to team members' individual needs and preferences in their career development journey?
14. Do I maintain confidentiality and trust in discussions related to team members' career goals?
15. Am I able to support team members in building resilience and adaptability in their careers?
16. Do I assist team member in overcoming obstacles and challenges in their career development?
17. Am I committed to providing resources and support to aid team member' career growth?
18. Am I proactive in fostering a positive and empowering coaching environment for team member?
19. Do I encourage team member to reflect on their career progress and reassess their goals regularly?
20. Am I open to feedback and self-reflection to enhance my effectiveness as a developmental coach?