

Appendix 1

Coaching (self-) assessment form

Answer the following questions for yourself and/or ask colleagues to complete a copy of this page based on their impressions of you.

How many times in the last week did I ...

- | | | |
|----|---|--------------------------|
| 1 | Provide unconditional praise | ☐ |
| 2 | Give constructive feedback | ☐ |
| 3 | Check a colleague's level of motivation | ☐ |
| 4 | Inspire a colleague | ☐ |
| 5 | Ask for feedback | ☐ |
| 6 | Consciously delegate a task | ☐ |
| 7 | Hold a really effective team meeting | ☐ |
| 8 | Provide upward feedback | ☐ |
| 9 | Check a team's morale | ☐ |
| 10 | 'Mentor' a more junior person | ☐ |
| | Total | <input type="text"/> |

Totals

- 1-3 If you are not a recluse, you need to study and apply this book carefully
- 4-6 You can significantly increase your effectiveness at work by applying just a few tips from this book
- 7-8 You are nearly a master coach
- 9-10 Give this book to someone who needs it

Priority areas for me to work on

1. _____
2. _____
3. _____

Landsberg, M. (2015). *The Tao of coaching : boost your effectiveness at work by inspiring and developing those around you*. pp. 122.