

For each of the following statements, circle the number that best describes you.

		Strongly Disagree			Strongly Agree	
1.	I enjoy helping people succeed.	1	2	3	4	5
2.	I have had success helping people set their goals.	1	2	3	4	5
3.	I am a good listener.	1	2	3	4	5
4.	I am able to ask good questions to facilitate discussion.	1	2	3	4	5
5.	I am able to get along with all types of people.	1	2	3	4	5
6.	It is easy for me to get people to think outside the box.	1	2	3	4	5
7.	I have a knack for helping people solve their own problems.	1	2	3	4	5
8.	I am good at helping people focus on the most important things.	1	2	3	4	5
9.	I hold people accountable for their actions.	1	2	3	4	5
10.	I can about the long-term success of those I work with and know.	1	2	3	4	5

Scoring: 41-50 Excellent: You have many of the characteristics of a good coach.
 30-40 Not Bad: You have some strengths and the beginnings of an effective coaching repertoire.

Below 29 KEEP TRYING: You need additional training and/or shift in focus if you wish to be a good coach