

WORKSHEET — *Pre-Coaching Assessment*

Take your time working through this thoughtfully. The more honest and detailed you are, the more powerful your blueprint will be for guiding your next steps and keeping you on track for success.

 **I. Pre-Coaching Assessment**

Identify 3 things that you do extremely well in your role with the organization.

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Identify 3 areas where there is opportunity for growth.

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Clarify 3 outcomes that would make our work together valuable for you.

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