

Name	Date

Please evaluate yourself at the present time.

1 = Poor; 5 = Excellent

		Please Tick Box					
	Skills and Attributes	1	2	3	4	5	
1	Self-Motivation						
2	Networking Skills						
3	Efficiency						
4	Communication Skills						
5	Knowledge of how to motivate others						
6	Confidence						
7	Assertiveness						
8	Problem Solving Skills						
9	Sensitivity to others						
10	Enthusiasm						
11	Management of Stress						
12	Presentation Skills						
13	Sense of humour						
14	Building new relationships						
15	Time Management						
16	Goal Setting						
17	Getting things done						
18	Understanding my values						
19	Planning my action steps						
20	Knowing clearly what I want to achieve						
21	Knowing clearly what my limitations are						
22	Knowledge about training others						
23	Understanding what's important to me						
24	Work Life Balance						

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