

Name.....

Date.....

Please evaluate yourself at the present time.

1 = Poor; 5 = Excellent

Skills and Attributes		Please Tick Box				
		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					

