

## Assessment: Personal and Group Process for Introduction/Overview to Coaching

### 1. Experience Poll:

If you had to rate yourself today in terms of your experience of coaching according to the following scale, where would that be?

- A - know nothing
- B - have read/talked about it
- C - know someone who has one or is one
- D - have experienced coaching myself
- E – coach others regularly

2. If you have had a prior experience with coaching, what can you share with the group about this topic?

For example:

- What have you read?
- Is there an experience you have had? A story you can tell?
- Is it part of leadership tools and practices you already use?

3. In the Overview video, Elizabeth Kaye mentions three critical things we all need that coaching offers to the process for growth and change: structure, support, and accountability. In your experience, which of these three elements has been most difficult for you to achieve on your own and why?

- Structure
- Support
- Accountability

4. What resistance might you have at the present time to entering into a coaching relationship?

5. What excites you about the possibility of entering into a coaching relationship?