



Coaching Self-Assessment Checklist

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Rating Scale:

- 1: Strongly agree / Fully applies to me
- 2: Agree / Mostly applies to me
- 3: Neutral / Somewhat applies to me
- 4: Disagree / Rarely applies to me
- 5: Strongly disagree / Does not apply to me

Question	1	2	3	4	5
Self-Reflection and Awareness					
I feel stuck or uncertain about my personal or professional goals.					
I struggle to recognize my strengths and areas for improvement.					
I need clarity in my decision-making process.					
Goal Setting and Achievement					
I have difficulty setting realistic and achievable goals.					
I often procrastinate or lack the motivation to pursue my objectives.					
I need support in creating actionable plans to reach my goals.					
Communication and Relationships					
I face challenges communicating effectively with others.					
I want to improve my leadership or interpersonal skills.					
I struggle to build or maintain healthy personal/professional relationships.					
Emotional and Mental Well-being					



Question	1	2	3	4	5
I often feel overwhelmed, stressed, or emotionally drained.					
I need help managing negative thoughts or emotions.					
I seek strategies to improve my overall mental well-being and resilience.					
Performance and Accountability					
I lack accountability or structure in achieving my goals.					
I need guidance to stay focused and on track.					
I want to boost my performance in my personal or professional life.					
Career and Professional Development					
I am looking for direction or advancement in my career.					
I feel unfulfilled or dissatisfied with my current job or career path.					
I want to develop new skills or enhance existing ones.					

Scoring Instructions:

1. Add up your scores for all the questions.
2. Total possible score: 75 (15 questions × 5 points each).

Interpretation and Recommendations:

Score Range	Percentage	Recommendation
15-30	20%-40%	Full Coaching Program Recommended: Significant support needed across multiple areas. A comprehensive coaching program can help you build clarity, structure, and well-being.
31-45	41%-60%	Partial Coaching Program Recommended: Focused coaching in specific areas can address your key challenges and unlock your potential.



Score Range	Percentage	Recommendation
46-60	61%-80%	Self-Guided with Occasional Coaching: You have a good foundation. Occasional or targeted coaching sessions could enhance your growth.
61-75	81%-100%	Minimal Coaching Needed: You are largely self-sufficient. Consider coaching for advanced goals or future challenges.

Next Steps:

- Reflect on areas with the highest scores (4s and 5s).
- Identify specific topics to address with an EmpowerNex coach.
- Schedule an initial consultation with EmpowerNex to explore your needs.

This framework provides clear guidance, helping you to determine whether a full or partial coaching program would best support for your development.