

Coaching Skills Self Assessment Checklist

Name:

Coachee:

Rate your performance as a coach for all of the criteria below, then total your score. The higher the score, the more effective you are likely to be as a coach.

	ALWAYS				NEVER
Building Trust	5	4	3	2	1
I communicate expectations clearly					
I maintain healthy boundaries					
I demonstrate good judgment					
I demonstrate consistency					
I follow through on agreements					
I provide non-judgmental assessment					
Increasing Self-Awareness					
I help the coachee identify gaps between current and desired performance or behavior					
I help the coachee examine intent vs. outcome					
Challenging Assumptions					
I ask open-ended questions					
I encourage multiple solutions					
I recognize and allow appropriate venting of emotion					
Providing Encouragement					
I listen reflectively					
I listen without interrupting					
I remain open to different perspectives					
Encouraging Progress					
I celebrate accomplishments with the coachee					
I hold the coachee accountable					
I focus on results					

Score: