

Reaching Your Potential assessment for executives and managers.

**Executive/manager assessment section 1 - Client Type**

*The statements below are typical of executives and managers who benefit greatly from working with Ann Kelly. I recommend you print it out.*

**Which of these applies to you?**

- I am the visionary in an organisation
- I am the one bringing fresh ideas/new culture to a company.
- I have a high level of responsibility.
- I am employed and I also have a business(s) on the side
- I am employed and I am thinking about striking out on my own.
- My position is redundant and I'm looking for what's next

Enter your score: \_\_\_\_\_

**Are these some of the qualities you possess?**

- I'm resilient and strong
- I'm a high achiever
- I love a challenge
- I'm excited about life
- I'm excited about business
- I get a sense of fulfilment from my work
- I get a sense of achievement from getting things done
- I am motivated when I am seeing clearly and getting results
- I am motivated by succeeding in whatever I put my energy into

Enter your score: \_\_\_\_\_

Total score section 1: \_\_\_\_\_

**If your score is 4 or more in total, continue to section two.**

**Contd/....**

## Section 2: Your current situation and what you want

*The statements in section 2 reflect the issues that Ann's clients transform through coaching.*

### How many are true for you?

1. T F I sacrificed aspects of my life to succeed and now I'm noticing the gaps
2. T F I want success without compromising my quality of life but I haven't found the winning combination.
3. T F I act like I'm winning, but I feel like I'm losing
4. T F I haven't clearly identified what I want
5. T F I'm afraid I'll miss out
6. T F I've reached a turning point
7. T F I'm bursting to do more, be more

Enter total no. of 'Trues': \_\_\_\_\_

### Is this your experience?

1. T F My life is out of balance
2. T F Cracks are appearing in my health
3. T F Cracks are appearing in my relationships
4. T F My sense of satisfaction has diminished.
5. T F I feel like I'm stuck on a track and I can't get off it
6. T F I'm frustrated by lack of progress
7. T F It's difficult to reach genuine agreement and get follow through
8. T F My self esteem has taken a knock
9. T F I'm on a path but it's not working for me
10. T F I have a punishing schedule
11. T F My energy comes and goes
12. T F My contribution is not acknowledged
13. T F I'm exhausted by the weekend
14. T F It's difficult to fit back into family life after travelling away

Enter total no. of 'Trues': \_\_\_\_\_

**Contd/....**

**Is this how you operate?**

- 1. T F I am very driven
- 2. T F At times I can be ruthless
- 3. T F I get caught up in office drama
- 4. T F In certain situations I don't value myself enough
- 5. T F I beat myself up
- 6. T F I give too much
- 7. T F I struggle with some relationships
- 8. T F I'm tentative around other people's moods
- 9. T F I avoid conflict – tending to hide my feelings vs. say what I really think
- 10.T F I put with things till they become a pain

Enter total no. of 'Trues': \_\_\_\_\_

**Look familiar?**

- 1. T F There is so much to do I get overwhelmed
- 2. T F I'm always 'on' and I feel a consistent sense of urgency
- 3. T F I'm addicted to being busy
- 4. T F Overworking is the norm in my environment
- 5. T F I don't say no often enough.
- 6. T F I don't maintain a stand for what I want
- 7. T F It's hard to balance family life with my work
- 8. T F I don't look after myself properly
- 9. T F I use food or alcohol to de-stress
- 10.T F I don't get enough exercise

Enter total no. of 'Trues': \_\_\_\_\_

### What do you want?

1. T F A safe space to find what energises me
2. T F Time to get clarity
3. T F Re- define success for me
4. T F Energy and mental space
5. T F Room for all important things in my life
6. T F Healthy habits that build me up
7. T F I'd love to commit to something meaningful to challenge and stretch me
8. T F A way forward that excites and sustains me

Enter total no. of 'Trues': \_\_\_\_\_

For each statement you marked at TRUE assign 1 point.

Total all your True Scores here \_\_\_\_\_ and check below for assessment result.

**0 – 7 points:** There is always room for improvement but chances are your life is working reasonably well for you. *(If you're a really high achiever and you want it all, coaching will help you go above and beyond what you believe is possible for you.)*

**8 - 20 points:** Your energy and drive most likely come and go. There are times you are full of the joys of life, ambitious and succeeding but you can also hit lows at times and lose focus. *(Coaching will help you tweak your tripping points and give you the tools to build and sustain momentum).*

**21 – 36 points:** You teeter frequently between good days and bad days but getting back to feeling motivated and feeling a sense of achievement and satisfaction seems to take longer each time. *(In your case, coaching is a way for you to stand on firmer ground by getting very clear on what really works for you so that you can stand over the choices you make, follow through with confidence and acknowledge your achievements.)*

**37 - 49 points:** Your drive and energy seem to always need boosting. Chances are your health and sense of well being are seriously impacted and your relationships and your work are suffering. It is time to get serious about the quality of life you want.

**Assessment complete!**

***If you scored 4 or more in section 1 and 8 or more in section 2 and you're ready to step out of your comfort zone to create a life in which you thrive, contact Ann today at +353 21 4354725.***