



## Needs Assessment

Please complete this coaching needs assessment prior to our initial consult. For each domain give a score for your current alignment (how well you are doing this already) with 10 being most aligned and 1 being least aligned. Please also rate the importance of this issue for you right now, with 10 being most important and 1 being least important.

Alignment	Importance	Domain
		Optimising meaning at work by aligning personal values, strengths and purpose
		Achieving a work life balance that works so that personal and professional life is well integrated
		Building strong support networks at work and managing difficult work relationships
		Improving work efficiency, including delegating tasks and boundary setting
		Addressing workload by prioritising tasks, establishing clear expectations and feeling empowered to say no
		Making exam study as pain free as possible and feeling empowered to do well with exams
		Communicating with colleagues and speaking up for safety
		CV building
		Preparing for important meetings or interviews
		Researching possible career options or career transitions
		Improving confidence and dealing with imposterism feelings
		Stepping into leadership positions or improving leadership skills
		Finding time and energy for self-care (without feeling bad about it)
		Building strong support networks and nurturing friendships and family relationships outside of work
		Choose your own adventure (description here)

## What to expect from the initial consult

The objective of the initial consult is for me to understand more about you, including what you hope to achieve from coaching. I will share my coaching philosophy and approach with you and answer any questions you have about coaching. Then we'll explore if we are a good fit and we'll discuss coaching program fees and options.