

## PRE-COACHING ASSESSMENTS

At the outset of the executive coaching program, clients are asked to complete four primary assessments. Instructions for accessing each of these assessments are provided below. The first three of the assessments are quite brief (usually less than ten minutes each), and the fourth will take 30 - 60 minutes. *If you will be unable to complete each of these at least 48 hours prior to your strategy workshop, please discuss with your coach.*

- **Resilience Inventory** (Stress Management)
- **Wheel of Life** (Life Balance)
- **VIA Character Strengths** (Personal Qualities)
- **Clifton Strengths 34** (Career-Focused Qualities)

Information is provided for several additional assessments. These are optional and may be completed anytime before, during, or after coaching.

\*Four Tendencies (Response to Expectations)

\*MindValley 360 Life Assessment (Lifestyle Factors)

\*Personal Values Assessment (Motivations)

### Resilience Inventory

Time Required: 5 - 10 minutes

Instructions:

1. You will receive email invitation with instructions for taking the assessment.
2. Email your coach when you have completed the assessment.

### Wheel of Life

Time Required: 5 - 10 minutes

Access: <https://reciprocoach.com/forms/05e1e9b7d4ae5c7ceab649138a8fc9556f2afd78>

Instructions:

1. Click the link and enter your name and email as prompted. Your coach will be notified.
2. Rate each area 0 - 10 based upon your current circumstances.
3. Use the following guide to assign your ratings:

**10** = fantastic / couldn't be better / totally happy with it / strongly agree / always

**0** = dismal / couldn't be worse / extremely unhappy with it / strongly disagree / never

**N/A** = it is not important to me / it doesn't apply to me / ignore / skip

## PRE-COACHING ASSESSMENTS VIA Character Strengths

Time Required: 10 - 15 minutes

Access: <http://amandashevette.pro.viasurvey.org/>

Instructions:

1. Click the link and follow all prompts.
2. Email your coach when you have completed the assessment.

### CliftonStrengths 34

Time Required: 30 - 60 minutes

Your Personal Access Code: **to be provided by your coach**

Instructions:

1. Go to: [https://my.gallup.com/\\_Home/RedeemAccessCode](https://my.gallup.com/_Home/RedeemAccessCode)
2. Enter your personal access code (listed above).
3. Email your coach when you have completed the assessment.

### **Additional assessments**

If you choose to complete any of these assessments, please consider sharing the report with your coach. Note that, while you will receive great personal insights from each of these tools, you will likely be added to the provider's email marketing list at the time of registration. There will be an opportunity to unsubscribe if you do not wish to continue receiving new information.

**\*MindValley 360 Life Assessment** <https://life.mindvalley.com/>

The assessment examines factors such as your health and fitness, your emotional outlook, your spiritual fulfillment, your career satisfaction, your relationships, and more.

**\*The Four Tendencies Quiz** <https://quiz.gretchenrubin.com/four-tendencies-quiz/>

The assessment examines your response to the expectations of others – and yourself.

**\*Personal Values Assessment** <https://www.valuescentre.com/tools-assessments/pva/>

The assessment explores your personal values, giving perspective on what is important to you. The report includes several exercises which are quite useful in the context of coaching.