

Powerful coaching questions tailored to improve **personal agility** across the 7Cs, focusing on each maturity level for effective self-reflection and growth:

Communication

- **Level 1:** What specific communication barriers do you encounter? How can you work to improve clarity in your messages?
- **Level 2:** How do you currently gather feedback from others? In what ways can you enhance your active listening skills?
- **Level 3:** What strategies do you use to facilitate open dialogue in your team? How can you ensure everyone feels heard?
- **Level 4:** How can you mentor others to communicate more effectively? What culture of communication would you like to promote?

Creativity and Innovation

- **Level 1:** What types of ideas have you shared in brainstorming sessions? How can you contribute more creatively?
- **Level 2:** What risks are you willing to take to find innovative solutions? How can you create an environment that fosters creativity?
- **Level 3:** How can you lead a project that encourages experimentation? What innovation practices can you adopt to drive improvement?
- **Level 4:** What recognition or support have you received for your innovative efforts? How can you further encourage breakthrough thinking within your organization?

Companionable Skill

- **Level 1:** How often do you reach out to build rapport with colleagues? What small steps can you take to enhance your empathy?
- **Level 2:** In what ways do you actively support your team members? How can you strengthen these connections further?
- **Level 3:** What practices can you implement to facilitate relationship-building within your team? How can you encourage collaboration?
- **Level 4:** How do you currently model openness and approachability? What can you do to cultivate a high-trust team culture?

Competent Team

- **Level 1:** How do you see your role in team settings? What contributions can you make to shift from individual to team focus?
- **Level 2:** What strengths do you appreciate in your teammates? How can you leverage these strengths to achieve joint goals?
- **Level 3:** How do you assess team dynamics? What actions can you take to enhance your team's effectiveness?
- **Level 4:** What strategies do you use to build high-performing teams? How can you continuously optimize team structure and dynamics?

Change Management

- **Level 1:** What fears or resistances do you have regarding change? How can you begin to understand the principles of change management?
- **Level 2:** How do you demonstrate resilience in the face of change? What gradual adaptations can you make to embrace change?
- **Level 3:** What role do you play in leading change initiatives? How can you better support others during transitions?
- **Level 4:** How do you drive a proactive change culture within your team or organization? What transformation strategies can you anticipate and shape?

Charismatic Leadership

- **Level 1:** What personal leadership qualities do you possess? How can you begin to inspire others, even in small ways?
- **Level 2:** What vision do you want to share with your team? How can you motivate others to align with this vision?
- **Level 3:** How do you inspire and align others with shared goals? What methods can you use to drive consistent motivation?
- **Level 4:** In what ways can you foster a culture of inspiration and empowerment? How do you see your leadership influencing others?

Catalyst

- **Level 1:** What holds you back from initiating change? How can you shift from following processes to becoming a change initiator?
- **Level 2:** What areas for improvement do you identify in your work? What small steps can you take to begin implementing change?
- **Level 3:** How do you act as a change agent within your team? What initiatives can you drive to influence team processes positively?
- **Level 4:** How do you inspire transformative changes in your organization? What steps can you take to create a sustainable innovation environment?

These questions encourage self-reflection and promote growth in each area of the 7C Framework, helping individuals enhance their personal agility in both professional and personal contexts.