

Prepare for your assessment

Seven reflection questions | Use brief examples from any part of your experience

Client name

Planned session date

01 Where are you now, and what would you like to change?

Share your current work, study, job search, or transition situation.

02 What would you like your career and leadership role to look like?

Describe your direction for the next 12 months, even if it is still uncertain.

03 What strengths and accomplishments can you build on?

Use examples from employment, school, volunteering, projects, or life responsibilities.

04 What work interests you, and what matters in a good fit?

Think about tasks, purpose, work environment, people, and values.

Your options and practical needs

Continue the same worksheet | Share only information that helps the conversation

05 What feels difficult or is holding you back?

Consider skill gaps, confidence, relationships, clarity, or access to opportunities.

06 Which paths have you considered or tested?

Include what you learned and what remains an assumption.

07 What practical requirements shape your next move?

Include time, income needs, location, schedule, learning resources, and deadlines. Share only what is useful.

Participation or access needs

AI and recording consent status

A resume, LinkedIn profile, or role description may help, but none is required. Use examples from school, volunteering, projects, or other responsibilities if you are beginning your career.

Confirm notice and consent before any recording or AI capture begins. Leave the consent field blank until discussed.