Ball of Fire COACHING

POWERHOUSE COMMUNICATION SELF-ASSESSMENT

BE A POWERHOUSE COMMUNICATOR

COACHMEBERNADETTE.COM/DISCOVERYCALL

SELF–ASSESSMENT – Powerhouse Communication

Name: _____ **Date:** _____

Below are the skills, traits, and qualities of an effective and powerhouse communicator, which will elevate your leadership as you advance in your career. Use this assessment to review and assess your communication strength **today**, develop a plan and goals that will move you from Novice to Master Powerhouse, then **reassess your transformation in 6 months**.

Rank of (1) – **Novice**, Rank of (5) – **Master** (to Powerhouse Leader)

Rank TODAY, then redo in 6 Months		**1**	**2**	**3**	**4**	**5**
1. I adapt my communication style to the individual/group in front of me.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
2. Feedback states that my communication uplifts, motivate and supports others.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
3. I ask empowering questions for clarification, understanding & learning.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
4. I'm intentional about actively listening for understanding, not just responding.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
5. I plan, prepare, and communicate goals, expectations, updates, etc. clearly/consistently.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
6. I deal with conflict calmly & approach it as a win-win problem-solving discussion	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
7. I clearly communicate my vision, goals, and expectations to my team.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐
8. I clearly understand what my team needs from my communication.	**TODAY**	☐	☐	☐	☐	☐
	6 MOS.	☐	☐	☐	☐	☐

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BEGIN PUTTING TOGETHER YOUR PLAN:

The top 3 areas I need to focus on to elevate my communication are:

1._____

2. _____

3._____

3 actions I will take to begin to improve my communication style:

1._____

2. _____

3._____

3 potential barriers that could prevent me from taking action are:

1._____

2. _____

3._____

Ball of Fire Coaching is all about transforming managers into powerhouse leaders, providing the support, coaching, and accountability needed to elevate one leadership style. BOOK A FREE CALL to gain custom tips, strategies, and a plan for moving forward. www.coachmebernadette.com/discoverycall