



Personal Excellence Coaching Assessment

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Your Name:

Today's Date:

Company:

Phone Number:

Please rate (on a scale of 1-10) your current strength and desire to enhance each area in the first two columns. Please call Barry Demp at 248-740-3231 to discuss.

	Current Rating (before coaching)	Desire For Improvement	Current Rating (after coaching)
	10 = strong	10 = strong	10 = strong
Leadership Skills			
Relationship Skills			
Coaching Others			
Health and Fitness			
Career Satisfaction			
Confidence			
Business Development			
Listening			
Goal Setting			
Management Skills			
Daily Planning /			

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Time Management			
Networking			
Living a Balanced Life			
Staff Development			
Productivity			
Teamwork			
Zest for Life			
Negotiating			
Happiness			
Spending time and energy on what is most important to me			
Selling Skills			
Helping Others			
Public Speaking			

If there are additional areas of development that you would be interested in impacting through coaching, please identify those topics below:

For more information on Barry Demp and services provided by the Barry Demp Coaching team, please visit www.DempCoaching.com.

