

# Self-assessment Questionnaire

The following questions are meant as a self-assessment to set your expectations for the course. Please read and consider them thoroughly before deciding to attend.

## PARTICIPATION

The course is highly condensed for maximum learning in the limited time available and will require your full attention and commitment during the training hours.

1	Are you willing to commit yourself and be fully present during the course with minimal distractions?	Yes / No
---	--	-------------

## BEING OPEN TO SHARING AND CONFIDENTIALITY

This program is centred around experiential learning. Coaching practice is paramount to the success of understanding the skill and techniques. During coaching practice, you will be required to share your honest experiences and issues.

2	Are you willing to share your issues honestly and be coached?	Yes / No
---	---	-------------

3	Will you ensure confidentiality of what is shared with you during these coaching sessions?	Yes / No
---	--	-------------

## PROVIDING FEEDBACK

Peer learning is the most powerful learning tool in coaching. During coaching practice, you will play different roles such as coach, coachee and observer. You are expected to give and receive feedback constantly in order to improve your coaching skills

4	Are you willing to support your fellow coaches by providing constructive feedback?	Yes / No
---	--	-------------

5	Are you open to receiving feedback?	Yes / No
---	-------------------------------------	-------------

## RESPONSIBILITY FOR LEARNING

Coaching is a mindset and lifestyle that is anchored on continuous learning and self-improvement. It is an individual responsibility to learn and develop coaching skills.

6	Will you take responsibility for your own learning, and constantly find ways to improve yourself and others as a coach?	Yes / No
---	---	-------------

## COACHING OUTSIDE OF CLASS

This program requires a huge commitment of time and effort outside of class to practice, clock coaching hours, and gain real-life coaching experiences.

7	Are you willing to take the extra effort and time to learn and coach outside of class?	Yes / No
---	--	-------------

*\*If any of your answers above are a "NO", please contact the SMU team, or reconsider your decision to sign up for this coaching course.*

I have read and understood all of the above.

Name: \_\_\_\_\_(Signature, date)