

Assessment Questionnaire: The Executive MOT



In business you want to be at your very best; to achieve your goals; to get where you want to go. It's like going on a journey and making sure that your vehicle is in the best possible condition. As a mechanic helps to ensure a car is performing at its best a Coach helps ensure you are at your best. Here are 21 possible areas to consider that a coach can help with – there are many more: If you consider just the engine is made of over 800 separate components and all of them have to be fully functioning to achieve top performance - it makes sense to have some help - first step is getting a check-over!

Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Not sure about this at all
2 = A little unsure
3 = Neutral or Ok

4 = I'm quite happy with this
5 = Absolutely delighted with how this is

1 2 3 4 5

1. **HEADLIGHTS**
Is your VISION illuminated? Do you know where you are going?
2. **REAR VIEW MIRROR**
Do you look backward too much? Do you worry about the past?
Have you learned the lessons and are able to move forward?
3. **SHOCK ABSORBERS** - To cope with those unexpected pot holes.
Are you as prepared as possible for all eventualities?
4. **SUSPENSION**
Are you able to be flexible – smoothing out any rough spots and absorbing bumps?
5. **PETROL**
Do you have enough energy for the journey you are planning?
Do you know how to get more?
6. **ENGINE**
Does your energy turn into useful activity? Is it efficient?
What waste does it create?
7. **WHEELS**
Can you always turn your energy into actions to take you forward?
8. **HAND BRAKE**
Do you tend to be a bit negative?
Does this stop you from moving forward?
9. **STEERING WHEEL**
Are you able to guide yourself to where you want to be?
10. **HOOD ORNAMENT**
Are you proud of yourself and your achievements so far?
Do you walk your talk? Does how you are say what you want it to?
11. **BUMPER**
Are you safe? If there was a collision can you protect yourself?
12. **MUD GUARDS**
Can you keep focused and avoid distractions that may obscure your vision?
13. **RADIATOR**
Can you keep your cool?
Do you have appropriate control of your emotions?
14. **BODY**
Are you satisfied with your capacity?
Would you like to add more?
15. **LUGGAGE**
Do you have enough resources? Are some of them hard to get at?
16. **SEATS**
Are your seats full? Are you bringing the right people with you?
Do you need more?
17. **WINDSCREEN**
Is your mission clear?
Do you know what lies ahead and what you need to do?
18. **HORN**
Are others aware of your presence? Can you communicate as you wish?
19. **GEARBOX**
Can you change gear? Do you want to go faster or slower?
Are you revving like mad, but not moving?
20. **RADIO**
Are you getting the best possible information?
Are you tuned to the right broadcasts?
21. **GLOVE BOX**
Do you have all the resources you need for the journey to hand?

Note that the big difference between taking your car to a mechanic and having a coach is that you learn to coach yourself and become your own 'best mechanic' as part of the coaching process.

22. Name

23. Email

24: Tel No,

Thank you for taking the time to fill out the form - we aim to respond to your form within 2 working days