



## Sample; The world in which I live

A sample of the sort questions to be answered and sent to the coach in advance of the first meeting.

Actual questions are agreed by Sponsor, HR and Coach at briefing stage.

- Have you ever been involved in a group situation where the results exceeded expectations? Why do you think this happened?
- Give an example of a situation when you had no real choice but to do something asked of you.
- Choose a person, who is very different from you, and list the major differences (but do not identify the person).
- Think of an example when a communication went well and list the reasons why.
- Think of an example of a communication when you were clearly misunderstood, and again list the reasons why.
- Choose a business relationship that works well, and list the reasons why.
- Choose a relationship that leaves a lot to be desired, why is this relationship not strong?
- Think of a team that you have been involved with that has been particularly successful or rewarding, and list the reasons why you think this happened.
- Give an example of when you were persuaded to agree with an idea, even though your first thought was to reject it. What caused you to change your mind?
- Give an example when you have been unable to persuade someone and list the reasons why you believe they were not persuaded.
- Make a list of actions by yourself, or others, that would increase your current level of motivation.
- What did you do particularly well in the last month?
- What could you have done better?
- Write down your personal objectives for 3months and 1 year ahead.
- List the measures you intend to take to ensure success in the objectives.
- Write down things that you have promised to do for yourself and not done.
- Why have you not done so?