



Would You Benefit from Career Coaching?

A Self-Assessment for Men & Women Looking to Reassess Their Careers

Journal how your ideal work life looks (make notes of your expertise or further training you may need).

[illegible]

Instructions:

Answer the following questions honestly. Use a scale of 1-5 to rate each question, where:

- **1 = Strongly Disagree**
- **2 = Disagree**
- **3 = Neutral**
- **4 = Agree**
- **5 = Strongly Agree**

After completing the questionnaire, review your responses to determine if career coaching could support your professional growth and fulfillment.

Self-Assessment Questions

1. I feel unfulfilled or dissatisfied in my current job and wonder if I'm in the right career. (1-5) _____
2. I struggle to define my career goals and create a clear plan for achieving them. (1-5) _____
3. I often feel stuck, unmotivated, or burned out in my professional life. (1-5) _____
4. I am considering a career change but feel unsure about the next steps. (1-5) _____
5. I lack confidence in my skills, qualifications, or ability to advance in my career. (1-5) _____
6. I feel like my job doesn't align with my passions, strengths, or values. (1-5) _____
7. I need help improving my resume, interview skills, or job search strategies. (1-5) _____

8. I desire more work-life balance but struggle to create it in my current role. (1-5)

9. I feel like I'm meant for more professionally but don't know how to reach my full potential. (1-5) _____

10. I am ready and willing to invest in my professional growth to build a more fulfilling career. (1-5) _____

Results & Reflection:

- **If you scored mostly 4s and 5s:** Career coaching could be a valuable tool to help you gain clarity, confidence, and direction in your professional journey.
- **If you scored mostly 3s:** You may benefit from self-reflection and strategic goal-setting. Coaching could provide the structure and guidance you need.
- **If you scored mostly 1s and 2s:** You might already feel secure in your career, but if you ever seek growth or change, a career coach can still be a helpful resource.

Would you like to explore how career coaching can help you move forward? Consider scheduling a consultation to discuss your goals and challenges.

Your career transformation starts today!