**Coachee Self Analysis - How appropriate is coaching for me?**

The following questions are designed to assist the identification of your development needs. Use the questions as guidelines to help you to develop an awareness of your need and requirements from the coach and the coaching sessions

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| How will I benefit from having a coach? |
| What can I gain from coaching that is different from another development intervention? |
| What are my objectives? |
| How can I best use the skills of my coach? |
| How supportive or challenging do I need my coach to be? |
| What skills do I have that will make me a successful coachee?  Flexible  Meddwl Agored  Self aware  Non defensive |