## Communication Skills Self-Assessment

Rate yourself on a scale of 1-10, with 1 being low and 10 being high. Make comments about your natural inclination.

Which communication skills are your natural strengths?

Which communication skills could use some attention? What would help you develop in this area (*mentoring, coaching, training, job shadowing etc*)?

| Skill Area | Rating on 1-10 | Comments |
|---|---|---|
| Communicating in writing, verbally, by email, by text | | |
| Listening | | |
| Asking powerful questions | | |
| Providing feedback | | |
| Difficult Conversations | | |
| Report writing | | |
| Public speaking/presentation skills | | |
| Other: | | |

Areas I am strong in:

Areas which I could benefit from growing in:

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Teams365 blog - info@potentialsrealized.com | (416)996-TEAM (8326)