

# Personal Needs Assessment

**Assess your needs** and consider how you can use coaching to move forward with your personal development. Then send your results to us for a free consultation by phone or Skype.

1. Please give an overview of your current situation. Then read what you wrote. How do you feel about your situation? What aspects would you like to change and what aspects would you like to leave unchanged?

2. How are you doing on a personal level, on a 1-10 scale, with 10 being high?

3. What are your areas of strength?

4. What are your trouble spots or challenges?

5. Imagine looking back three years from now and you have accomplished your goals; what went well?

6. Can you list several of the goals that you would like to work toward?

7. Tell us how a coach would best work with you to enable you to accomplish your goals:



Send us your needs assessment for a free consultation by phone or Skype.

Text or call: Dr. Susan Cain 630.347.6333  
Email your Personal Needs Assessment :  
scain@corplearning.com



1.800.203.6734 | [corplearning@corplearning.com](mailto:corplearning@corplearning.com) | [corplearning.com](http://corplearning.com)