

Personal Coaching Styles Inventory

The Personal Coaching Styles Inventory is a self assessment tool developed by CoachWorks that quickly determines natural styles.

In each of the four boxes below there are twenty adjectives. Think how each of the adjectives describes you. Check all that apply to you in each section.

PART 1

- | | |
|---|--|
| <input type="checkbox"/> Ambitious | <input type="checkbox"/> Forceful |
| <input type="checkbox"/> Fast paced | <input type="checkbox"/> Lots of drive |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Strong willed |
| <input type="checkbox"/> Controlling | <input type="checkbox"/> Take charge |
| <input type="checkbox"/> Courageous | <input type="checkbox"/> Independent |
| <input type="checkbox"/> Outcome oriented | <input type="checkbox"/> Possibilities creator |
| <input type="checkbox"/> Opinionated | <input type="checkbox"/> Easily bored |
| <input type="checkbox"/> Decisive | <input type="checkbox"/> Leader |
| <input type="checkbox"/> Take risks | <input type="checkbox"/> Assertive |
| <input type="checkbox"/> Competitive | <input type="checkbox"/> Outspoken |

PART 2

- | | |
|--|--|
| <input type="checkbox"/> Animated | <input type="checkbox"/> Life of the party |
| <input type="checkbox"/> Big-picture person | <input type="checkbox"/> Enjoy people |
| <input type="checkbox"/> Not detail oriented | <input type="checkbox"/> Confident |
| <input type="checkbox"/> Energetic | <input type="checkbox"/> Sense of humor |
| <input type="checkbox"/> Innovative | <input type="checkbox"/> Like variety |
| <input type="checkbox"/> Persuasive | <input type="checkbox"/> Charming |
| <input type="checkbox"/> Spontaneous | <input type="checkbox"/> Curious |
| <input type="checkbox"/> Outgoing | <input type="checkbox"/> Say the right thing |
| <input type="checkbox"/> Good communicator | <input type="checkbox"/> Impulsive |
| <input type="checkbox"/> Appears light hearted | <input type="checkbox"/> Laugh easily |

PART 3

- | | |
|---|--|
| <input type="checkbox"/> Friendly | <input type="checkbox"/> Knowledgeable |
| <input type="checkbox"/> Methodical | <input type="checkbox"/> Mentor |
| <input type="checkbox"/> Trust builder | <input type="checkbox"/> Anticipates needs |
| <input type="checkbox"/> Empathic | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Leader | <input type="checkbox"/> Patient |
| <input type="checkbox"/> Peacemaker | <input type="checkbox"/> Easy going |
| <input type="checkbox"/> Pleasant | <input type="checkbox"/> Reserved |
| <input type="checkbox"/> Dislikes conflict | <input type="checkbox"/> Positive |
| <input type="checkbox"/> Careful | <input type="checkbox"/> Cooperative |
| <input type="checkbox"/> Concerned for others | <input type="checkbox"/> Objective |

PART 4

- | | |
|---|---|
| <input type="checkbox"/> Intellectual | <input type="checkbox"/> Systematic |
| <input type="checkbox"/> Goes by the rules | <input type="checkbox"/> Idealistic |
| <input type="checkbox"/> Traditional | <input type="checkbox"/> Painstakingly accurate |
| <input type="checkbox"/> Private | <input type="checkbox"/> Loyal |
| <input type="checkbox"/> Diplomatic | <input type="checkbox"/> Perfectionistic |
| <input type="checkbox"/> Deliberate | <input type="checkbox"/> Withhold self |
| <input type="checkbox"/> High standards | <input type="checkbox"/> Detail oriented |
| <input type="checkbox"/> Consider all options | <input type="checkbox"/> Predictable |
| <input type="checkbox"/> Hesitant to act | <input type="checkbox"/> Thorough |
| <input type="checkbox"/> Organized | <input type="checkbox"/> Orderly |

Demographics

Please complete the following information.

All information is kept confidential

Name (optional) _____

Age _____ Gender M F

Profession _____ Number of years in profession _____

Current Job Title _____ Industry _____

Education Level (check highest level)

HS Undergrad Masters Doctorate

Area of the country you live _____

Current job satisfaction:

Very satisfied Mostly satisfied Satisfied Not satisfied

Totals

Count the checks in each box above and record the total below. The highest total is usually the one that best describes you. Although your scores may be close in more than one part, most people have personal styles that match just one (or two, but rarely all four). Each part corresponds to one of the description sheets provided on pages 6 through 9.

Part 1 _____

Part 2 _____

Part 3 _____

Part 4 _____