



**CLAIRE GODWIN COACHING**

passionate about people - passionate about life

## **A Work performance profile**

- List three values that influence your professional life?**
  
- What is your current position?**
  
- How long have you been in this position?**
  
- What are your major job functions?**
  
- What are the job specifications for your position?**
  
- What are the stated competencies for your position?**
  
- Which aspects of your work do you enjoy most? Why?**
  
- Which aspects of your work do you enjoy least? Why?**
  
- How supported do you feel in your position?**
  
- On a scale of 1 to 7 where 1 is poor and 7 is excellent how would you rate you relationships with your:**
  - Colleagues**
  - Peers**
  - Staff**
  
- What are your particular strengths in your position?**

- How can you build on these strengths or use them in new ways?**
  
- Which aspect(s) of your work would you like to enhance?**
  
- What are your weaknesses in your position?**
  
- What might be contributing to your weakness?**
  
- What are the benefits of enhancing this skill(s):**
  - Personal benefits?**
  - Organisational benefits?**
  - Team benefits?**
  
- Have you received feedback on your work performance? Can you tell me about this?**
  
- Have you undertaken any development courses or special training to enhance your work performance? Were these beneficial?**
  
- What do you see yourself doing in 5 years time?**
  
- How does this relate to your current life and work circumstances?**
  
- Are you fulfilled in your work?**
  
- Are you doing what you really want to do?**
  
- What do you want to change most about your current situation?**