

## Wildcat One Career Health-Check

This brief questionnaire is designed to help you think through areas of your career that you would like to improve, or where you may perceive there are barriers to your current or future progress. It will help you to clarify the key areas you would like to change. Having defined these areas, you may feel ready to prioritise what you want to do next and how to do it (using the Self Coaching questions that follow). If not, [contact](#) Wildcat One to help you achieve your goals.

For each of the following questions, please rate yourself 1, 2 or 3. To avoid the tendency to rate everything as “OK at present”, aim to score at least four out of the questions as “No, not what I want” or “Yes, couldn’t be better, to highlight what the important issues are for you.

Ratings:

1 No, things aren’t what I want them to be,

2 OK at present

3 Yes, couldn’t be better

<b>Career Satisfaction</b>	<b>1 - No, not what I want</b>	<b>2 – Ok at present</b>	<b>3 – Yes, couldn’t be better</b>
Own level of performance			
Challenge			
Fulfilment			
Prospects			
Financial reward			
Recognition			
Responsibility			
Working relationships			
Control of career			
Career plan			
<b>Interpersonal Effectiveness (relating to others)</b>			
Verbal communication			
Written communication			
Listening			
Influencing & persuading			
Presentation skills			
Motivating others			
<b>Personal Effectiveness</b>			
Positive attitude			
Self confidence			
Self motivation			
Does your work/career support your personal values?			

Count up the number of 1s, 2s, and 3s, the more 1s, the more it is time to take action.

## Self-Coaching

1. What are the two most important areas where you want to see an improvement within the next 6 months?
  - (a).
  - (b).
2. What is the one goal you have, which would make a fundamental difference to your work/career, but you're currently unsure how to achieve it?
3. If you could have more of any one thing (or personal quality) in your career/ work right now, what would it be?
4. What three things are you 'putting up with'/tolerating just now with regards to work? Tick the one that is most important for you to address within the next 6 months.
  - (a)
  - (b)
  - (c)
5. What is/are your 'worst' habit/s, or spoiling tactic/s, which is/are preventing you from achieving the career that you want (i.e. procrastination, indecisive, stubborn, intolerance, always having to be right, always putting others before self etc.)?
  - (a).
  - (b).
  - (c).
6. What three actions are you now going to commit to doing, which will help you to achieve the career/business you *really* want?
  - (a).
  - (b).
  - (c).