

## Skills Assessment Questionnaire

Your Name:

Your Contact E-mail:

Your Contact Number:

**Note : Your personal information will be treated with the utmost discretion and not be disclosed to any party without your express consent.**

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Using a scale of 1 to 10, 1 being smallest, 10 being greatest, score yourself in each of the skills assessment areas.

When you have completed the questionnaire, save it and send it to me,  
Stephen Fritz-Millett, here: [fritzmillett@hotmail.com](mailto:fritzmillett@hotmail.com)

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### Public Speaking Skills

1. When called to speak in public, are you able to confidently research, prepare and rehearse your speech within what you feel is a reasonable time limit?

Score: \_\_\_\_\_

2. When called to speak in public, are you able to deliver your talk within the prescribed time limits?

Score: \_\_\_\_\_

3. When called to speak in public, are you able to do so with confidence?

Score: \_\_\_\_\_

4. When called to speak in public, are you comfortable taking questions during a question and answer time?

Score: \_\_\_\_\_

5. When called to speak in public, do you think that your audience is likely to rate your speech as one that they would remember years from the time you delivered it?

Score: \_\_\_\_\_

### Motivation and Achievement Skills

1. I feel that I am in a position in life where I am achieving my full potential.

Score: \_\_\_\_\_

2. I feel that I am in a position in life where others recognize my full potential.

Score: \_\_\_\_\_

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### Emotional Quotient Skills (EQ is the ability to deal with other people effectively)

1. Self-Awareness (Your self-confidence and ability to determine your own emotions and personality traits and their respective strengths and weaknesses).

Score: \_\_\_\_\_

2. Self-Regulation (Your ability to control your own emotions, especially when placed in trying, difficult or uncomfortable situations).

Score: \_\_\_\_\_

3. Empathy/Sympathy (Your ability to relate to and understand how difficult circumstances affect other people).

Score: \_\_\_\_\_

4. Motivation (Your ability to receive constructive feedback and to seek and achieve self-improvement)

Score: \_\_\_\_\_

5. Social Skills (Your ability to communicate, manage time, lead, manage and resolve conflict)

Score: \_\_\_\_\_

## Mentoring & Coaching

1. Have you at any point in your life had a mentor (someone who comes alongside you to support your learning, whether in a vocational or personal life realm)?

Score: \_\_\_\_\_

2. Do you currently have a mentor?

Score: \_\_\_\_\_

1. Have you at any point in your life had a coach (someone who shares their experience in a specific area with you)?

Score: \_\_\_\_\_

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## Final Question

What is the one aspect of your life where you would most like to achieve major change?

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