

Assessment

Be Your Own Coach ***First Edition***

The objectives of this book are:

- To show the reader how to identify coachable moments
- To explain the benefits and techniques of coaching for self-improvement
- To explore how new perspectives can help readers achieve their potential
- To teach seven coaching tools for achieving breakthroughs



Assessment Questions for *Be Your Own Coach, First Edition*

Select the best response.

1. When choosing a coaching partner, it is important to select someone who:
 - A. Will not challenge your ideas
 - B. Is trustworthy
 - C. Thinks much like you do
 - D. Lives close to you
 - E. All of the above
2. A sign that you may not be coachable at the present time is that you:
 - A. Want to reinvent yourself
 - B. Are able to accept feedback
 - C. Prefer not to take risks
 - D. Acknowledge being stuck in some area of your life
3. Events, by themselves, mean nothing until we interpret them.
 - A. True
 - B. False
4. You have an opening for coaching when you:
 - A. Want to fulfill more of your potential
 - B. Have experienced a success
 - C. Receive a promotion
 - D. Had something go wrong
 - E. All of the above

5. The four stages of movement in coaching are:
 - A. Letting go, Living with the question, Exploring new beginnings, Looking back
 - B. Letting go, Exploring new beginnings, Taking action, Examining results
 - C. Exploring options, Weighing consequences, Taking action, Examining results
 - D. Exploring options, Meditating, Observing, Releasing
6. People tend to get out of difficult situations most easily when they:
 - A. Remain open and relaxed
 - B. Closely identify themselves with the problem
 - C. Refuse outside help
7. Feelings pass, but moods prevail and can shape how you react to words, people, and events.
 - A. True
 - B. False
8. A “gap analysis” chart compares your existing skills to the skills you need to successfully perform a new responsibility.
 - A. True
 - B. False
9. Which of the following is a fact, rather than an assumption or judgment?
 - A. This project was poorly organized.
 - B. Carol is mad at me.
 - C. A co-worker did not return my call.
 - D. I bored people with my presentation and some of them walked out.
10. You will have a greater number of choices for responding to emotional situations if you:
 - A. Label your feelings with general adjectives such as “angry” or “happy”
 - B. Make finer distinctions about your feelings, such as “miffed,” “peeved,” “perturbed,” or “furious”
 - C. Avoid labeling your emotions

11. After a successful coaching cycle, you should always feel a distinct moment when you are different or changed.
- A. True
 - B. False
12. The principle that is not in keeping with the concept of “right speech” is:
- A. Be kind
 - B. Be unifying
 - C. Be judgmental
 - D. Be useful
13. A desire may be considered “wholesome” if it:
- A. Harms nothing and no one
 - B. Creates distance between loved ones
 - C. Leads to more desire
14. Successful coaches share the belief that:
- A. People are born a certain way and can’t be changed.
 - B. Choices are limited.
 - C. There is no failure, only feedback.
 - D. People need professional help to make significant changes.
15. In contrast to agitation, movement:
- A. Is a reaction to external pressures
 - B. Occurs when you see yourself in a new way
 - C. Distracts you from taking meaningful action
16. During the coaching process, you should try to allow yourself to simply be curious instead of striving to know all the answers.
- A. True
 - B. False

17. Negativity tends to:
- A. Cut off possibilities
 - B. Require tremendous energy to hold your position
 - C. Lead you to more rational decisions
 - D. All of the above
 - E. A and B
18. According to the author, an unwise choice would be one that:
- A. Distracts you from your vision
 - B. Aligns with your personal values
 - C. Connects you to others
19. If you follow the coaching procedures correctly, you will never need to seek outside help.
- A. True
 - B. False
20. Which of the following is a limiting belief?
- A. "If only my boss would transfer, then I would be happy."
 - B. "There's a job out there that would use all my talents and pay me accordingly."
 - C. "I'd like to take some courses to increase my marketability."
 - D. A and B
21. To make an effective request, you must:
- A. Name exactly what you want and from whom you want it
 - B. State what will create satisfaction
 - C. Ensure the other parties understand what you are saying
 - D. All of the above
 - E. A and C
22. An activity driven by willpower and focused on achieving goals is called a "practice."
- A. True
 - B. False

23. A process of self-inquiry should help you find:
- A. A quick and easy answer
 - B. New insights and a deeper truth
 - C. Excuses for staying stuck
24. Self-observation is most effective when you enter into it without a formal plan or prepared set of questions.
- A. True
 - B. False
25. You may have missed an opening for coaching if you find yourself:
- A. In denial
 - B. Resigned to an unsatisfactory condition
 - C. Blaming others
 - D. All of the above
 - E. A and C

Answer Key for *Be Your Own Coach, First Edition*

Recommended response (Corresponding workbook page)

1. B (vi)	6. A (12)	11. B (59)	16. A (55)	21. D (93)
2. C (xi)	7. A (36)	12. C (43)	17. E (37)	22. B (84)
3. A (41)	8. A (10)	13. A (44)	18. A (66)	23. B (75)
4. E (3)	9. C (31)	14. C (49)	19. B (13)	24. B (83)
5. A (53)	10. B (32)	15. B (52)	20. A (27)	25. D (7-8)