

# People Skills

## PERSONAL ASSESSMENT

(Fill in or print out and circle numbers below):

### Connection

	Low											High
I can make strong connections quickly	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	
I make effective first impressions	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	
I start conversations with new people with ease	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	
I know the value of connection to drive results	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	
I seek to understand people before I need their help	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10	

What is one aspect of Connection that you would like to improve on? How will that help you in your role?


### Recognition

I am an empathetic listener	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
I give impactful appreciation to others	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
I strive to learn people's story	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
I am good at remembering names	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10
I stay focused when others are speaking	<input type="checkbox"/>	1	2	3	4	5	6	7	8	9	10

What is one aspect of Recognition that you would like to improve on? How will that help you in your role?


## Influence

- I am good at persuading groups  1 2 3 4 5 6 7 8 9 10
- I can win people to my ideas  1 2 3 4 5 6 7 8 9 10
- I am intentional when I influence others  1 2 3 4 5 6 7 8 9 10
- I am effective at asking questions to sell my ideas  1 2 3 4 5 6 7 8 9 10
- I understand my listener's needs before I speak  1 2 3 4 5 6 7 8 9 10

What is one aspect of Influence that you would like to improve on? How will that help you in your role?


## Conflict

- I don't let emotions cloud my thinking during conflict  1 2 3 4 5 6 7 8 9 10
- I can respectfully disagree with people well  1 2 3 4 5 6 7 8 9 10
- I see the value in conflict during projects  1 2 3 4 5 6 7 8 9 10
- I can give negative feedback that people accept  1 2 3 4 5 6 7 8 9 10
- I avoid arguments while still voicing my opinion  1 2 3 4 5 6 7 8 9 10

What is one aspect of Conflict that you would like to improve on? How will that help you in your role?


# People Focused

- I focus on other people's perspective as much as my own  1 2 3 4 5 6 7 8 9 10
- I can prioritize listening over speaking  1 2 3 4 5 6 7 8 9 10
- I speak in terms of other people's wants more than my own  1 2 3 4 5 6 7 8 9 10
- I work to make people at ease around me  1 2 3 4 5 6 7 8 9 10
- I build the confidence of others  1 2 3 4 5 6 7 8 9 10

What is one aspect of People Focused that you would like to improve on? How will that help you in your role?
