

peaceful PRODUCTIVITY®

PERSONAL ASSESSMENT QUESTIONNAIRE: What Benefits are You Seeking?

In which areas are you looking for substantial improvements? What benefits do you seek? In which area do you experience dissatisfaction? Cultivating which areas would gain you the most leverage?

BENEFITS	✓	BENEFITS	✓
<p>1. Clarity - Seeing the big picture of present context, connections, situations and future directions.</p> <p>2. Direction - Seeing the possibilities and knowing which path is best.</p> <p>3. Personal Values - Aligning personal principles with words and actions. Gaining trust.</p> <p>4. Focus - Concentrating on what's truly important in business, in people and in life.</p> <p>5. Available Time - Less time wasted, more free time.</p> <p>6. Effectiveness - Concentrating on what brings the desired impact.</p> <p>7. Efficiency - Gaining speed and delegating effectively.</p> <p>8. Follow through - Ensuring preparation and completion in line with plans.</p> <p>9. Commitment – Committing fully to process, goals and action.</p>		<p>10. Revenue – Generating the income that suits your desires and lifestyle.</p> <p>11. Support from Others - Working with a dependable support network.</p> <p>12. Work/Life Balance – Improving the work vs. "play" ratio.</p> <p>13. Communication - Speaking and listening at a deeper level, to have your needs met.</p> <p>14. Collaboration – Creating synergy as a way of doing business and living life.</p> <p>15. Innovation - Using your creative energy to create new combinations. Thinking out-of-the-box.</p> <p>16. Energy – Moving from toleration to cooperation with situations, people and yourself – to experience more energy.</p> <p>17. Health - Creating healthy habits that impact body and mind.</p>	

Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching supports clients in prioritizing core personal values, enhancing self-awareness, identifying strengths and hidden potential, and enables individuals to take full responsibility for their chosen paths of action.

your catalyst to sustainable results