

# Finding Potential

## Personality Profile Coaching Questions



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# Introduction

Once you have read through your Personal Premium Report, your first reaction may well be “So what?” This coaching document has been created to help you get the most from your personality profile, by helping you understand how to get the most from your preferred styles/personality characteristics.

**IF YOU HAVEN'T ALREADY DONE SO PLEASE READ YOUR REPORT BEFORE CONTINUING.**

# Coaching Questions

1. What was of particular interest to you about your profile report?

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2. What confirmed what you already felt?

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3. What areas surprised you?

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4. Which qualities do you believe really support your performance in work?

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5. How could these qualities be even more effective?

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6. How might these qualities trip you up?

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7. If you could wave a magic wand to change any of the scales, which one would you change to make you even more effective at work?

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8. On a scale of 0-10 where would you score yourself on the scale you wish to change where 0 is very weak and 10 is very strong. What score would you like to allow you to be more effective?

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9. Describe what is happening for you at both the current and the desired score – what are you seeing, feeling, hearing, experiencing?

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10. What is the first step you could take to practice changing the scale?

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11. What would your team/peers/manager say to the questions 4 and 7?

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