

Leadership Skills CHECK-UP

We know regular health checks are crucial for wellbeing. Yet often we promote people into management roles without giving them the necessary skills and support become great leaders.

Use this quick health check to assess the vital signs of strong leadership.

Please rate your managers on a scale of 1 to 5, with 5 being the highest score.

	VERY POOR 1	POOR 2	FAIR 3	GOOD 4	VERY GOOD 5
1. SELF AWARENESS Understands their automatic reactions and default thinking, and makes considered choices rather than reacting.					
2. TIME MANAGEMENT Plans and prioritises on a daily basis. Manages time, energy and attention to create space for the important.					
3. PROBLEM SOLVING Proactive approach to solving problems, instead of reactive. Competent and confident in making decisions.					
4. INTERPERSONAL Actively observes their own and others' working styles. Values diversity and gets the best from all their people.					
5. COMMUNICATION Speaks clearly. Listens actively. Asks open questions. Trusted, understood and respected by others.					
6. CONFLICT RESOLUTION Engages confidently and empathetically to get better outcomes from tough conversations.					
7. PRIORITISATION Clarifies priorities to manage workload and focus on the important, not just urgent. Reduces stress and overwhelm.					
8. DELEGATION Delegates the right work to the right people, freeing themselves up for higher value activities.					
9. COACHING & FEEDBACK Gives useful feedback. Knows when and how to coach team members, enabling them to grow and lift performance.					
10. COLLABORATION Connects authentically with people, fostering bigger and better contributions.					
11. INNOVATION Builds and harnesses diverse perspectives to drive innovation and stay competitive.					
12. PEOPLE DEVELOPMENT Works with empathy to guide peoples' wellbeing and development. Increases engagement and retention.					

SCORE:

WEAK: 0-35 MODERATE: 36-49 STRONG 50+



Transform potential into performance with leadership training that **sticks.**

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