**Diversity Circles™ Self- Assessment Skills Evaluation (At the Start of the journey)**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: / /**

**(1= Poor 5= Excellent)**

|  |  |
| --- | --- |
| **Skills and Attributes** | **Please Tick Box** |
| **1** | **2** | **3** | **4** | **5** |
| 1 | Confidence |   |   |   |   |   |
| 2 | Assertiveness |   |   |   |   |   |
| 3 | Sensitivity to others |   |   |   |   |   |
| 4 | Building new relationships |   |   |   |   |   |
| 5 | Communication Skills |   |   |   |   |   |
| 6 | Networking Skills |   |   |   |   |   |
| 7 | Negotiation Skills |   |   |   |   |   |
| 8 | Knowledge about training others |   |   |   |   |   |
| 9 | Knowledge of how to motivate others |   |   |   |   |   |
| 10 | Self-Motivation |   |   |   |   |   |
| 11 | Leadership Skills |   |   |   |   |   |
| 12 | Efficiency |   |   |   |   |   |
| 13 | Problem Solving Skills |   |   |   |   |   |
| 14 | Goal Setting |   |   |   |   |   |
| 15 | Management of Stress |   |   |   |   |   |
|   |   |   |   |  |  |  |
| *The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.* |

|  |
| --- |
|  |

 |  |  |
|  | V:\inova\SMART Volunteering\Dissemination\AMIF Logo.jpg |  |