**Mentoring Circles™ Self- Assessment Skills Evaluation (At the end of the journey)**

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

**Date: / / (1= Poor 5= Excellent)**

|  |  |
| --- | --- |
| **Skills and Attributes** | **Please Tick Box** |
| **1** | **2** | **3** | **4** | **5** |
| 1 | Self-Motivation |   |   |   |   |   |
| 2 | Networking Skills |   |   |   |   |   |
| 3 | Efficiency |   |   |   |   |   |
| 4 | Communication Skills |   |   |   |   |   |
| 5 | Knowledge of how to motivate others |   |   |   |   |   |
| 6 | Negotiation Skills |   |   |   |   |   |
| 7 | Confidence |   |   |   |   |   |
| 8 | Assertiveness |   |   |   |   |   |
| 9 | Leadership Skills |   |   |   |   |   |
| 10 | Problem Solving Skills |   |   |   |   |   |
| 11 | Sensitivity to Others |   |   |   |   |   |
| 12 | Enthusiasm  |   |   |   |   |   |
| 13 | Management of stress |   |   |   |   |   |
| 14 | Presentation Skills |   |   |   |   |   |
| 15 | Building new relationships |   |   |   |   |   |
| 16 | Time Management |  |  |  |  |  |
| 17 | Goal Setting |  |  |  |  |  |
| 18 | Understanding my values |  |  |  |  |  |
| 19 | Planning my action steps |  |  |  |  |  |
| 20 | Knowing clearly what I want to achieve |  |  |  |  |  |
| 21 | Knowing clearly what my limitations are |  |  |  |  |  |
| 22 | Knowledge about volunteering |  |  |  |  |  |
|   |   |   |   |  |  |  |
| *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 |  |  |