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

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

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

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| **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 |  |  |  |  |  |
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