

Leadership Assessment

This assessment examines several components of effective leadership, from planning and implementation to health and wellness. Score each item from 1 (almost always) to 5 (never), according to how much of the time each statement applies to you over the past two years.

RATING: 1-almost always; 2-usually; 3-sometimes; 4-seldom; 5-never

| Rating | Indicator |
|--------|--|
| | I eat at least one balanced meal a day |
| | I get 6-8 hours of sleep at least four nights a week |
| | I regularly attend social functions/activities |
| | I exercise to the point of perspiration at least twice a week |
| | I do something for fun, that is not related to work, at least once a week |
| | I am in good health (including eyesight, hearing, teeth) |
| | I have a network of friends and acquaintances who keep me apprised of changes which may impact my business and/or industry |
| | I have current, relevant leadership competencies |
| | I give and receive feedback regularly |
| | I regularly try different approaches to business problems |
| | I use both asset management and process management to ensure operational effectiveness |
| | I use a variety of strategies, both traditional and nontraditional, to increase growth and market share |
| | I effectively utilize human resources |
| | I regularly implement strategies that enable us to reach the consumer |
| | I model standards of excellence in customer service |
| | I communicate freely with all levels of staff and management |
| | I have regular conversations about problem issues, before they become crises |
| | I use multiple models of decision-making, depending on the situation |
| | I am aware of trends in my industry |
| | I ensure that all levels of staff and management are aware of trends in the industry and how they impact our business |
| | I promote internal collaboration over competition |
| | <i>TOTAL SCORE</i> |

Scoring the Instrument:

Add the figures and subtract 20.

A number under 30 means that you're in good shape.

Any number over 30 indicates a vulnerability to stagnation.

You are seriously vulnerable if your score is between 50 and 75.

You are extremely vulnerable if it is over 75.

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Leadership♦Team Development♦Customer Satisfaction