

“Getting Better”

Personal & Professional Development Assessment

Take a few moments to complete the survey below to better appreciate your aptitude for enhancing, improving, and optimizing your individual performance.

1. Do you have a written professional development plan? Yes/No
2. Do you review and update your plan at least semi-annually? Yes/No
3. Do you have a boss, professional mentor or coach who gives you candid input about performance improvement? Yes/No
4. Have you taken a professional development program (conference, course, seminar) in the past year? Yes/No
5. In the past year have you read any books or completed specialized training to develop new skills/abilities? Yes/No
6. Are your professional development opportunities principally provided by your employer? Yes/No
7. Do you feel that your professional development experiences have made a positive impact/helped you realize your goals? Yes/No
8. Have you completed assessments to better understand your strengths? Yes/No
9. Do you set quarterly performance goals that you review/evaluate? Yes/No
10. Can you list 3-5 self-development goals that you have identified and are actively working on to enhance your performance? Yes/No

Interpreting the results: For every “Yes” response, award yourself 10 points. If you scored between 80 – 100 points, you are clearly vested in maximizing your performance and are cognizant of the correlation between ongoing professional development and professional success. If you scored between 50 – 70 points, you are attuned to the importance of professional development, but may be poised to take advantage of additional opportunities to further enhance your job skills and abilities. If you scored between 0 – 40 points, you have a substantial opportunity to make your own professional development a real priority. Regardless of how you scored, actively pursuing the challenge of “getting better” is a great way to stay sharp, stay relevant, and stay engaged with your career goals and aspirations.