

CORE Survey

This is not a diagnostic tool but it will provide insight into where we are more naturally gifted. It will only take 10 minutes or less to complete it. Simply check one box across for each question. If two answers seem very close, select what is most true for you under pressure.

	Always	Usually	Sometimes	Rarely	Never
	5	4	3	2	1
1. I can easily see if people are engaged					
2. I am satisfied to help someone solve a problem					
3. I enjoy being in the spotlight					
4. I enjoy engaging in dialogue more than just speaking					
5. I am comfortable being authentic and vulnerable					
6. I can see the hidden potential in others					
7. I gain energy in groups					
8. I am comfortable with the dynamics of an interactive group					
9. I am good at bringing a group back to the topic					
10. I enjoy meeting new people.					
11. I can hear common themes in responses					

12. I have the ability to speak the truth in a kind and professional way					
13. I am confident when someone challenges me					
14. When I tell stories people listen to me					
15. When it comes to confidentiality you can count on me					
16. When it comes to a plan I can be flexible					
17. You will find me working on tasks					
18. I prefer listening over speaking					
19. I find satisfaction when people learn something new from me					
20. I can paraphrase what someone just said					
21. I enjoy asking questions					
22. You will find me working on relationships					
23. I can break down a long-term goal into smaller actions					
24. I set a pleasant environment					

Now write in your score for each of the questions and add up your total in each section.

Training Questions #	Score
8	
9	
11	
13	
16	
17	
20	
24	
Total	

Speaking Questions #	Score
1	
3	
5	
7	
10	
14	
19	
22	
Total	

Coaching Question #	Score
2	
4	
6	
12	
15	
18	
21	
23	
Total	