



THE ADVANTAGE SELF ASSESSMENT

Read each question and select a response based on how you think you manage yourself and others. You should select from only one of rarely, occasionally and frequently.

		Rarely	Occasionally	Frequently
ADAPTABILITY	Are you flexible when approaching a challenge?			
	Are you able to easily adapt to different situations?			
	Are you resourceful?			
	Can you think of creative solutions to challenges?			
	Do you grab new opportunities?			
CRITICAL THINKING	Are you open to new ideas?			
	Can you see situations from a variety of different angles?			
	Do you collaborate well with others?			
	Are you confident in challenging conventional ways of thinking?			
	Are you happy to experiment when problem solving?			
EMPATHY	Can you recognise the emotions of others?			
	Do you use strong listening skills to really understand another person's situation?			
	Do you respect other people's opinions, even when they differ to yours?			
	Can you appreciate the emotions of others without having to feel their emotion too?			
	Do you support other people in finding their own solution rather than giving immediate advice?			
INTEGRITY	Are you on time for appointments/meetings?			
	Do you complete tasks within the agreed deadlines?			
	Do you do what you say you're going to do when you say you're going to do it?			
	Are your activities governed by a set of personal values?			
	Are your moods and behaviours outwardly consistent?			
OPTIMISM	Are you able to remain positive in challenging situations?			
	Are you able to accept challenging feedback?			
	Are you the most positive person you know?			
	Do you look for the silver lining in the dark clouds?			
	Can you influence those around you to remain positive?			



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Continue to read each question and select a response.

		Rarely	Occasionally	Frequently
PROACTIVITY	Do you look and plan ahead in your life and career?			
	Are you focused on taking action?			
	Do you remain motivated and avoid procrastination?			
	Are you confident to speak up in a situation where you think action being proposed is wrong?			
	Do you seek to discover potential problems to plans and overcome them in advance?			

RESILIENCE	Are you able to actively and successfully manage your stress levels?			
	Are you able to overcome setbacks and move quickly into action?			
	Do you work well under pressure?			
	Do you remain focused on achieving your goals, no matter what the situation?			
	Are you comfortable in admitting that you are wrong?			

SCORING

REVIEW YOUR ANSWERS IN EACH ADVANTAGE SKILL SECTION

- Where you scored a majority of **FREQUENTLY** responses this is as an Advantage skill which is a strength for you.
- Where you scored a majority of **OCCASIONALLY** responses this is an Advantage skill which you would benefit from developing.
- Where you scored a majority of **RARELY** responses this is an area for immediate development. Skills scoring a majority of rarely responses should be those you focus on developing first.

IF YOU'D LIKE TO DEVELOP THE 7 SKILLS FOR THE FUTURE OF DIGITAL LEADERSHIP, YOU CAN FIND FURTHER DETAILS OF OUR WEBINARS AND WORKSHOPS AT ALISONROOD.CO.UK