

Flexible Self-Assessment

1. Take this self-assessment before you set an intention to consciously find ways to become more flexible.
2. Implement some of the practical application ideas and/or flexible S.O.A.K. supports found below (or use some of your own ideas).
3. In a month or so, see whether you have been able to improve your thoughts, motivations, and behaviors surrounding the important coaching characteristic of becoming more flexible. Reference the following synonyms/specifics as you personally determine what being flexible is and how to make it a more conscious part of your daily life: *willing to look at alternatives; able to tailor instruction to a variety of situations; able to see multiple perspectives; culturally sensitive and aware* (Frazier, 2014).

	Strongly Disagree	Disagree	Neutral/ Not Sure	Agree	Strongly Agree
	1	2	3	4	5
I believe the people I coach/lead are equal to me, even though we are different.					
I am careful to learn as much as I can about the people I coach and the situations they are facing. I try to see what they see from their perspective.					
It is not in my nature to think rigidly or unkindly about (stereotype/categorize/see only the worst in) others or put them down (and if it is, I am working to eliminate that tendency).					
I can adapt and change my coaching strategies and priorities when a teacher is facing a situation that calls for a different approach.					
I try to understand my biases and can temper my responses appropriately, even when I don't agree with someone. I can forgive mistakes.					
I work toward organizing coaching interactions and systems that support flexibility (teacher and coach have voice and choice), fairness (equality), flow (offer choices and inspire peaceful interactions), and fun ("peak" moments, multisensory strategies, surprises, etc.).					
Column Totals:					

Grand Total: _____

What totals mean: 26–30 = Flexible Rock Star, 21–25 = Very Flexible, 16–20 = Sort of Flexible, 11–15 = Some Flexibility Is Happening, 6–10 = Better Step It Up, 0–5 = Would Setting a Goal to Be More Flexible Be Helpful?

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