

MCH Leadership Development Series  
**Self-Reflection Assessment Tool**

*This self-assessment tool is adapted from the Self-Reflection Exercise in the Turning Point program's Collaborative Leadership modules ([www.collaborativeleadership.org](http://www.collaborativeleadership.org)).*

	Seldom		Sometimes		Often		Almost Always
I recognize the effect of my emotions on my relationships, performance, and group dynamics at work.	1	2	3	4	5	6	7
I listen to others actively, checking to ensure my understanding.	1	2	3	4	5	6	7
I pay attention to non-verbal cues.	1	2	3	4	5	6	7
I value and give consideration to feedback on my interaction style and skills.	1	2	3	4	5	6	7
I attend to my own personal development by setting goals and addressing my weaknesses.	1	2	3	4	5	6	7

- 1) What are your strengths with regard to self-reflection?
  
- 2) What are your weaknesses with regard to self-reflection?
  
- 3) What areas would you like to address over the next 6 months in your personal leadership development plan?