A logo with a tree and roots

AI-generated content may be incorrect.

Group Coaching Needs Survey

We’re exploring how group coaching could support you and your team’s growth and collaboration. Your input will help shape sessions that are meaningful, relevant, and useful.  
  
Please take a few minutes to complete this short survey. Your responses are confidential and appreciated!

1. Which of the following areas would you most like to improve in your workplace experience?

(Please tick up to 3)

Communication between colleagues

Conflict resolution

Clarity around roles and expectations

Managing workload and stress

Confidence in giving/receiving feedback

Connection with your team

Accountability and goal setting

Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. On a scale of 1 to 10, how confident do you feel in your current ability to:

(1 = Not confident at all | 10 = Very confident)

1. Communicate clearly with others at work

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

1. Handle disagreements or tensions constructively

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

1. Set and follow through on personal work goals

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

1. Stay engaged and motivated in your

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

1. Balance your wellbeing with work

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

1. Feel like a valued part of the team

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Rate | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|  |  |  |  |  |  |  |  |  |  |  |

3. What type of learning or coaching styles do you personally find most helpful?

(Tick all that apply)

Talking things through in a group

Quiet reflection and journaling

Interactive tasks or problem-solving

One-on-one check-ins or coaching

Visual or written materials

Outdoor or movement-based activities

A mix of the above

Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. If you could wave a magic wand and improve one thing about how your team works together, what would it be?

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5. What would make a group coaching session feel useful, enjoyable, and relevant to you?

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6. How open are you to participating in a group coaching session?

Very open

Open if the topic feels relevant

Neutral / Not sure yet

Not open at this time

7. What are the biggest challenges your team is currently facing?

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8. How would you describe your team culture right now in 3 words?

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9. Any final thoughts or suggestions for what you'd like from this kind of experience?

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