

AF CONFLICT MANAGEMENT COACHING

PREPARATION & READINESS QUESTIONNAIRE

To prepare you for your conflict management coaching (CMC) session, the following will help build the foundation to assist you in reaching your objective. Thank you for taking the time to answer these questions.

Please bring your responses to the first session. Do not submit this sheet to anyone, including the person who conducts the intake with you, prior to your initial coaching session.

Please review the following statements and circle Yes or No. If you answer “No” to any of the first five questions, it may be helpful to discuss your answer with your coach prior to beginning the session.

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|---|-----|----|
| • I am prepared to openly discuss my situation | Yes | No |
| • I am prepared to be honest with my CMC coach | Yes | No |
| • I am open to considering & understanding the other person’s perspective | Yes | No |
| • I am responsible for any actions and decisions I make | Yes | No |
| • I am able to receive constructive feedback from my coach | Yes | No |
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| • Do you know if you have a union representative? | Yes | No |
| • If you do, has the union been notified of your participation? | Yes | No |

• What do you want to know about coaching that you don’t know yet?

• How do you manage conflict at this time?

• What are you hoping to achieve in conflict management coaching?

• How will you know if your goal(s) is (are) achieved?

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