

LEADERSHIP FOUNDATION — MODULE 1

Leadership Self-Assessment

Identify your leadership style, strengths, and development areas.

Name:

Date:

Complete each section honestly. There are no right or wrong answers — this is about self-awareness, not judgement.

Section 1: Your Default Leadership Style

For each scenario, circle the response that most closely matches how you would naturally react.

Scenario 1: A team member makes a mistake during a treatment

- A) Give clear, direct instructions on what to do differently (Directive)
- B) Ask questions to help them find the solution themselves (Coaching)
- C) Focus on maintaining the relationship and team morale (Affiliative)
- D) Involve the team in deciding the best approach (Democratic)

Scenario 2: You need to implement a new SOP

- A) Give clear, direct instructions on what to do differently (Directive)
- B) Ask questions to help them find the solution themselves (Coaching)
- C) Focus on maintaining the relationship and team morale (Affiliative)
- D) Involve the team in deciding the best approach (Democratic)

Scenario 3: A colleague disagrees with your approach

- A) Give clear, direct instructions on what to do differently (Directive)
- B) Ask questions to help them find the solution themselves (Coaching)
- C) Focus on maintaining the relationship and team morale (Affiliative)
- D) Involve the team in deciding the best approach (Democratic)

Scenario 4: You're under pressure during a peak Saturday

- A) Give clear, direct instructions on what to do differently (Directive)
- B) Ask questions to help them find the solution themselves (Coaching)
- C) Focus on maintaining the relationship and team morale (Affiliative)

D) Involve the team in deciding the best approach (Democratic)

Section 2: Strengths & Development Areas

MY TOP 3 LEADERSHIP STRENGTHS

MY TOP 3 DEVELOPMENT AREAS

ONE BEHAVIOUR I WILL CHANGE THIS WEEK

Section 3: Team Perspective

Ask three team members: "Describe my leadership style in three words." Record their answers below.

Team Member	Their 3 Words	Surprised You?
		Yes / No
		Yes / No
		Yes / No

REFLECTIONS: WHAT PATTERNS DO YOU NOTICE?
