



# Collaboration Self-Assessment

**1 = Strongly Disagree    2 = Disagree    3 = Neutral—Neither Agree nor Disagree    4 = Agree    5 = Strongly Agree**

- ① ② ③ ④ ⑤ 1. I make time to interview others to understand their needs and views.
- ① ② ③ ④ ⑤ 2. I'd rather have others involved in developing wellness programs, even if it takes more time to get the job done.
- ① ② ③ ④ ⑤ 3. I have learned to see conflict as a necessary part of the process of finding win-win solutions.
- ① ② ③ ④ ⑤ 4. I am comfortable gathering information from all levels within my organization.
- ① ② ③ ④ ⑤ 5. I ask enough questions to fully understand what's important to my target audience and sponsors.
- ① ② ③ ④ ⑤ 6. I am known for having a good understanding of the business issues that are important to my organization's leaders.
- ① ② ③ ④ ⑤ 7. When someone disagrees with me or has a different idea, I openly listen to their ideas without getting defensive.
- ① ② ③ ④ ⑤ 8. I consistently participate in group problem solving with an open mind, sharing thoughts and ideas without inhibiting the contributions of others.
- ① ② ③ ④ ⑤ 9. I can be relied on to participate and remain engaged even when a project moves away from my own immediate interests.
- ① ② ③ ④ ⑤ 10. I have a standardized way to maintain communication with key stakeholders so everyone feels up to date.
- ① ② ③ ④ ⑤ 11. I present my own needs and agenda honestly and openly in team meetings.
- ① ② ③ ④ ⑤ 12. I regularly express appreciation for the contributions and value of others.
- ① ② ③ ④ ⑤ 13. I have experienced better results when I've included key stakeholders in the planning and implementation of wellness programs.
- ① ② ③ ④ ⑤ 14. People consistently attend the meetings I lead.
- ① ② ③ ④ ⑤ 15. The meetings I lead are productive.
- ① ② ③ ④ ⑤ 16. I can keep my own impatience and ego to the side when there are differing views about the problem that needs to be considered.
- ① ② ③ ④ ⑤ 17. I am skilled at incorporating diverse ideas from others into creative solutions.



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- ① ② ③ ④ ⑤ 18. I can easily move between leader and follower, assuming either role as needed to accomplish the task.
- ① ② ③ ④ ⑤ 19. I consistently use self-reflection after collaborative activities to learn and grow.
- ① ② ③ ④ ⑤ 20. I have a standardized way to analyze which stakeholders I need to reach out to for support and ideas about my projects
- ① ② ③ ④ ⑤ 21. I make time to interview others to understand their needs and views.

Tally the number of each answer you gave yourself:

Strongly Agrees: \_\_\_\_\_

Agrees: \_\_\_\_\_

Neutrals: \_\_\_\_\_

Disagrees: \_\_\_\_\_

Strongly Disagrees: \_\_\_\_\_

Mostly Agrees to Strongly Agrees:

It looks like you put the skill of collaboration into practice on a regular basis.

A Mix of Agrees and Disagrees:

It looks like you have some collaboration strengths and some areas to improve upon.

Mostly Disagrees to Strongly Disagrees:

It looks like you may want to work on your collaboration skill.