

Collaboration Self-Assessment

Use this self-assessment survey as a tool to better understand your collaboration style, celebrate what you do well, and discover opportunities to grow.

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

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 initiatives, 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, ensuring 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 at hand. 1 2 3 4 5
17. I am skilled at incorporating diverse ideas from others into creative solutions. 1 2 3 4 5

BENCHMARK 2: Collaborate in Support of Wellness



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

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. 1 2 3 4 5

Tally the number of each answer you gave yourself:

Strongly Agrees: _____

Agrees: _____

Neutrals: _____

Disagrees: _____

Strongly Disagrees: _____

Mostly Agrees and 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 and Strongly Disagrees:

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



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