## Business Coaching Form

This document is to be used to give you an overview of the social cohesion at your business.

You can take this form to whomever you deem appropriate, or use to it to decide whether or not my services would be useful, be it in a talk, workshop or consultative capacity.

It is standard for a business to have an ethos, culture or set of values that headline how they operate. What is the statement or set of values your business operates on?

[Type here your business’s motto/statement/culture/ethos]

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| **OUR VALUES ARE:** |
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Not all businesses have one of these. If you wanted to create one, use the set of values below, or write out a chosen statement.

[Type here your business’s new motto/statement/culture/ethos]

In order to identify yours, choose your top 5 from the following list in order of importance:

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| **Acceptance** | **Compassion** | **Focus** | **Endurance** |
| **Accomplishment** | **Competence** | **Foresight** | [**Energy**](https://scottjeffrey.com/best-supplements-for-energy/) |
| **Accountability** | **Concentration** | **Fortitude** | **Enjoyment** |
| **Accuracy** | **Confidence** | **Freedom** | **Enthusiasm** |
| **Achievement** | **Connection** | **Friendship** | **Equality** |
| **Adaptability** | [**Consciousness**](https://scottjeffrey.com/archetypes-psychology/) | **Fun** | **Ethical** |
| **Alertness** | **Consistency** | **Generosity** | **Excellence** |
| **Altruism** | **Contentment** | **Genius** | **Experience** |
| **Ambition** | **Contribution** | **Giving** | **Exploration** |
| **Amusement** | **Control** | [**Goodness**](https://scottjeffrey.com/good-person/) | **Expressive** |
| **Assertiveness** | **Conviction** | **Grace** | **Fairness** |
| **Attentive** | **Cooperation** | **Gratitude** | **Family** |
| [**Awareness**](https://scottjeffrey.com/self-awareness-activities-exercises/) | **Courage** | **Greatness** | **Famous** |
| **Balance** | **Courtesy** | **Growth** | **Fearless** |
| **Beauty** | **Creation** | [**Happiness**](https://scottjeffrey.com/authentic-happiness/) | **Feelings** |
| **Boldness** | [**Creativity**](https://scottjeffrey.com/creative-process/) | **Hard work** | **Ferocious** |
| **Bravery** | **Credibility** | **Harmony** | **Fidelity** |
| **Brilliance** | **Curiosity** | **Health** | **Intensity** |
| [**Calm**](https://scottjeffrey.com/how-to-breathe-properly/) | [**Decisive**](https://scottjeffrey.com/inner-guide/) | **Honesty** | **Intuitive** |
| **Candor** | **Decisiveness** | **Honor** | **Irreverent** |
| **Capable** | **Dedication** | **Hope** | **Joy** |
| **Careful** | **Dependability** | **Humility** | **Justice** |
| **Certainty** | **Determination** | **Humor** | **Kindness** |
| **Challenge** | [**Development**](https://scottjeffrey.com/personal-development-plan/) | [**Imagination**](https://scottjeffrey.com/use-your-imagination-create/) | **Knowledge** |
| **Charity** | **Devotion** | **Improvement** | **Lawful** |
| **Cleanliness** | **Dignity** | **Independence** | [**Leadership**](https://scottjeffrey.com/visionary-leadership/) |
| **Clear** | **Discipline** | **Individuality** | **Learning** |
| **Clever** | **Discovery** | **Innovation** | **Liberty** |
| **Comfort** | **Drive** | **Inquisitive** | **Logic** |
| **Commitment** | [**Effectiveness**](https://scottjeffrey.com/five-habits-of-the-effective-executive/) | **Insightful** | **Love** |
| **Common sense** | **Efficiency** | **Inspiring** | **Loyalty** |
| [**Communication**](https://scottjeffrey.com/principles-of-effective-communication/) | [**Empathy**](https://scottjeffrey.com/self-leadership/) | **Integrity** | [**Mastery**](https://scottjeffrey.com/self-mastery/) |
| **Community** | **Empower** | **Intelligence** | **Maturity** |
| **Meaning** | **Reason** | **Skillfulness** | **Traditional** |
| [**Moderation**](https://scottjeffrey.com/middle-way/) | **Recognition** | **Smart** | **Tranquility** |
| [**Motivation**](https://scottjeffrey.com/intrinsic-motivation-examples/) | **Recreation** | **Solitude** | **Transparency** |
| **Openness** | **Reflective** | **Spirit** | **Trust** |
| **Optimism** | **Respect** | [**Spirituality**](https://scottjeffrey.com/spiritual-awakening-signs/) | **Trustworthy** |
| **Order** | **Responsibility** | **Spontaneous** | **Truth** |
| **Organization** | **Restraint** | **Stability** | **Understanding** |
| **Originality** | **Results-oriented** | **Status** | **Uniqueness** |
| **Passion** | **Reverence** | **Stewardship** | **Unity** |
| **Patience** | **Rigor** | **Strength** | **Valor** |
| **Peace** | **Risk** | **Structure** | **Victory** |
| [**Performance**](https://scottjeffrey.com/peak-performance/) | **Satisfaction** | **Success** | **Vigor** |
| **Persistence** | **Security** | **Support** | [**Vision**](https://scottjeffrey.com/personal-vision-statement/) |
| **Playfulness** | **Self-reliance** | **Surprise** | [**Vitality**](https://scottjeffrey.com/zhan-zhuang/) |
| **Poise** | **Selfless** | **Sustainability** | [**Wealth**](https://scottjeffrey.com/financial-freedom/) |
| [**Potential**](https://scottjeffrey.com/self-mastery/) | **Sensitivity** | **Talent** | **Welcoming** |
| **Power** | **Serenity** | [**Teamwork**](https://scottjeffrey.com/seven-attributes-world-class-team-member/) | **Winning** |
| **Present** | **Service** | **Temperance** | **Wisdom** |
| **Productivity** | **Sharing** | **Thankful** | **Wonder** |
| **Professionalism** | **Significance** | **Thorough** |
| **Prosperity** | **Silence** | **Thoughtful** |
| **Purpose** | **Simplicity** | **Timeliness** |
| **Quality** | **Sincerity** | **Tolerance** |
| **Realistic** | **Skill** | **Toughness** |

Feel free to take your time. This can require deep thought and reflection, and the degree to which you practice that will reflect the time required to perform it here.

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| **OUR NEW VALUES ARE:** |
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For this section, answer the following questions:

1. Where do you see these values clearly reflected in the business?
2. Where do you see these values lacking in the business?
3. What do you think is required to instil this new culture into the business?

Let’s look at where you feel your business is at with regards to it’s Social Cohesion performance. The wheel is to be performed based on your own perspective. If you wish to gather more data, feel free to share this file with your colleagues.

Here’s what to do:

1. Right click on the chart below and select “Edit Data”.
2. In the small Excel pop up window, fill out the “Start” column for each measurement. Mark it out of 10, based on how you feel it is going, with 10 being the highest rating.
3. Once you have input the numbers, simply close the Excel window and you should see the chart completed with a graphic representing your own Starting Wheel.

Now on to the final section. What are you wanting to achieve?

Type out, in just one sentence, what you are wanting to achieve by taking a more Socially Cohesive approach.

[Using just 1 sentence, what are you wanting to achieve?]

What will this mean for the business, and its members?

[Using as many words as you like, explain what you believe this will mean for the business?]

What has already been attempted, by yourself or the business, to achieve this goal?

[Write down what has been tried]

What have you not yet attempted or considered in how this goal could be achieved?

[Write down 5 things you have not yet attempted or considered towards achieving this goal]

Should you come to any challenges, or difficulties within this form, or during progress, feel free to email me via the website describing where you are requiring assistance.

This form could serve to inspire some thought, or new conversations to take place that will shift how the business, or even you, go about creating a safer, more inclusive business.

If you want to push things further, please get in touch via the contact form on the home page.

Thank you for your time.