



SELF-EVALUATION TOOL

- HEALTH AND WELLBEING CONSULTANT -
- SCHOOL LEADER -
- PRESENTER - HEALTH COACH -



Set Your School Up for Success

Build a rock-solid staff
culture, boost teacher
engagement and
achieve better
school outcomes.

Feel like your teaching staff are burnt out
and struggling to perform to their
potential?

Engage a Health and Wellbeing Consultant to help your staff tap into new energy reserves and make lasting changes to their health and wellbeing. Create a positive ripple effect on their performance and engagement in the classroom.

ABOUT ME

As a school executive, I was once unhappy, overworked, and burnt out. And when I looked around me, I could see I wasn't alone. Everyone around me was dropping like flies. I knew that if I wanted to function better at work, I needed to function better myself. So I decided to completely overhaul my lifestyle.

By prioritising my health and wellness, I started to feel healthier, happier, and more engaged at work. Since doing so, I've made it my mission to help schools build more positive cultures and individuals beat professional burnout and find their happiness again.

LEARN MORE

CONNECT WITH ME

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CONTRIBUTE TO YOUR SCHOOL

01

COMPLETE SELF- EVALUATION TOOL AND DISCUSS REFLECTIONS

Complete this Self-Evaluation Tool and reflect on your skills, capacity and experience. Identify key areas of focus and priorities for professional development moving forward.

02

EXPLORE TRAINING TO SUPPORT STAFF WELLBEING

Analyse the Self-Evaluation Tool and decide on team or personal professional development goals. Explore a range of [readings and training options](#) to develop professional knowledge.

03

EXPLORE TRAINING TO DEVELOP LEADERSHIP CAPACITY

Enrol yourself or suggest your school participates in online training or review [professional readings](#) to build staff capacity and create common and agreed upon whole-school leadership approaches.

04

CREATE SHARED VISION FOR SCHOOL LEADERSHIP AND FOCUS

Agree on shared values, practices and approaches for effective school leadership. Identify and describe the global leadership approach that will encompass you and display this somewhere for all the school to see.

05

PLAN YOUR NEXT STEPS, CREATE A PLAN AND EXPLORE SUPPORT OPTIONS

Book in a FREE school culture assessment consultation to identify your next steps to improved staff health and wellbeing in your school. [Book here.](#)

SELF-EVALUATION

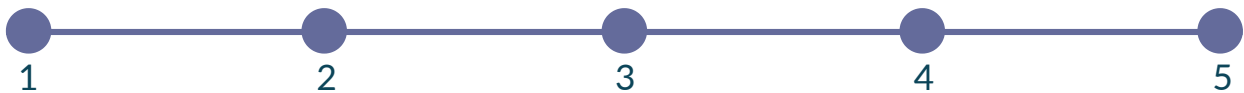
Review and reflect upon your skills and knowledge to best promote and maintain staff health and wellbeing in your school.

1=Rarely/never 3 = Sometimes 5 = Often/consistently

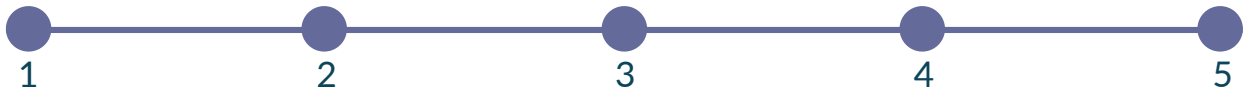
1. I have engaged with and/or completed training to support others with health and wellbeing



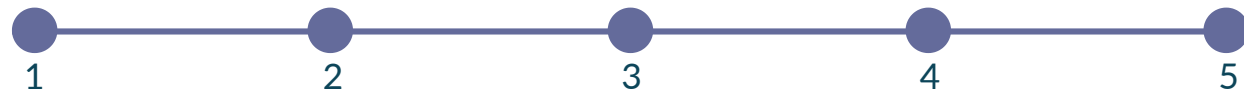
2. I regularly welcome and facilitate open conversations about mental health, physical health and wellbeing concerns with the staff I work with:



3. I feel confident in my knowledge/experience to support staff with their health and wellbeing with success:



4. I feel confident and knowledgeable enough to support staff with a mental health condition:



5. I feel confident that I have the knowledge about adjustments to support my peers to come to work when navigating a physical, mental or emotional health challenge:



6. I regularly communicate the importance of managing and supporting staff health and wellbeing:



7. I encourage others to complete registered health and wellbeing programs and/or access educational materials which promote good health and wellbeing:



8. I lead by example and successfully role model good health and wellbeing at work:



YOUR RESULTS

01

A score between 8- 16

Your answers indicate that you could benefit from developing your professional and personal knowledge and experience with health and wellbeing in the workplace.

A great place to start is to access high-quality training and resources. You can review a list of recommended resources here and begin exploring the areas you ranked with a lower score.

02

A score between 17-30:

You are well on your way to having the knowledge and skills to support the staff you work with to be and do their best work with optimal health and wellbeing in the workplace!

For more targeted professional development in lower-scoring areas, review my recommended resource list for further professional reading and training suggestions.

Review the 'Road Map to Improved Wellbeing' Resource to plan your next strategic steps based on some of your lower-scoring answers.

03

A score between 31-40:

Your answers indicate you have high confidence when supporting your peers with their health and wellbeing. You feel well-quipped with knowledge, skills and professional capacity to promote change in your school.

Are there ways you can use your high capacity to support other leaders or teachers on staff through mentoring and coaching?

Would you like support and coaching tailored to your needs?

Book a FREE discovery call with Adrienne now to hear about a customised coaching program aimed at developing your own personal or school leadership capacity.

BOOK NOW



SELF-EVALUATION

Review and reflect upon your skills as a leader in an educational setting. This self-assessment and reflection tool is used to identify your perceptions across a range of key areas linked to competent leadership in a school setting.

1=Rarely/never 3 = Sometimes 5 = Often/consistently

1. I support staff to develop their capacity as a teacher (classroom practice) and as a professional (collaboration, professional development, interpersonal skills, adaptability, integrity etc):



2. I have supported my school to develop a whole-school vision for workplace wellbeing and refer to/promote this regularly:



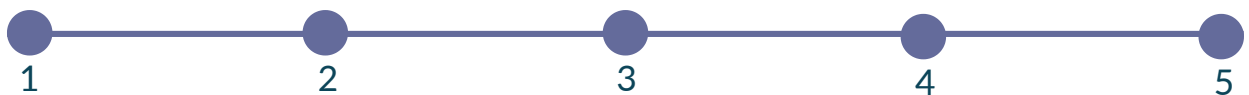
3. I am driven by school performance and satisfaction data to inform my practice and support the staff I work with:



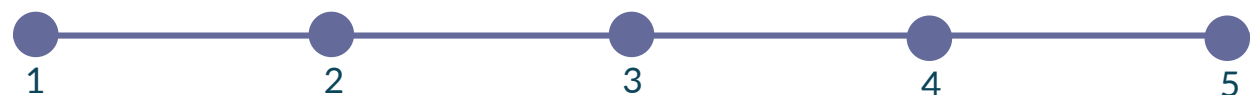
4. I regularly coach and mentor the staff I work with:



5. I help to develop and implement school processes, frameworks and procedures that are responsive to staff needs and meet the needs for improved staff wellbeing at my school:



6. I consciously plan for and create opportunities for myself and staff to build relationships and engage in team building both inside and outside of work hours:



7. I promote distributed leadership in my school (opportunities for teaching and support staff to take the lead with an initiative or project):

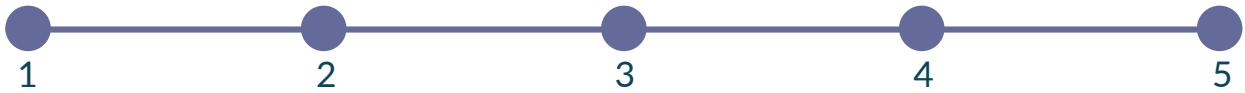


SELF-EVALUATION

This section of the reflection tool reviews your views and opinions of your own leadership traits and qualities.

1=Not true 3 = Somewhat true 5 = Very true

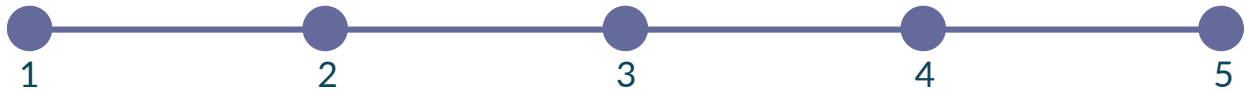
8. *I regularly set individual and team goals at work:*



9. *I take strategic steps to engage and motivate the staff I lead with positive results:*



10. *I have the traits of an effective leader (knowledge, honesty, integrity, self-esteem/confidence, open mindedness, empathy, influence, delegation, courage, respect)*



11. *I have the communication skills of an effective leader (active listening, complimenting, clarity, empathy, open body language, succinct delivery or message)*



12. *I have high emotional intelligence (self-awareness, self-regulation, motivation, empathy and good social skills)*



13. *I have a good awareness of other people:*



14. *I hold myself and others accountable:*



15. *I am open minded and welcome opportunities to learn from my mistakes and the mistakes of others:*



YOUR RESULTS

01

A score between 15- 30

Your answers indicate that you have scored yourself on the lower side for your current professional knowledge, skills and capacity linked to leadership.

To further expand your knowledge and skills, you can explore a range of professional learning and coaching/mentoring support options to build your capability and confidence.

02

A score between 31-59:

Your self-reflection and scoring indicates that you have a good knowledge and capacity of what it means to be an effective leader.

Moving forward, to gain more consistency and confidence in your professional practice, you may like to discuss opportunities for further development with with your supervisor or leader by analysing your results together and seeking future learning, job roles and coaching opportunities.

03

A score between 60-75

Your answers indicate you have high confidence in your skills as a leader.

You may like to reflect on any lower scoring areas and find opportunities to develop your skills through learning and training.

Are there ways you can use your high capacity to support other leaders or teachers on staff through mentoring and coaching?

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