

Appraised as a coach

I subjected myself to a coach appraisal by an elite sport and business assessment company as a means of securing some feedback from external experts beyond the feedback I informally receive from bowlers and clubs I coach.

This company conducted a workshop for 14-16 coaches (most attendees were national coaches or AFL level coaches) and in the week following the company provided we participants with their profile appraisal of each of us coaches.

The profile covered 8 categories of personality:

- Very persuasive
- Assertive and persuasive
- Supportive and persuasive
- Very assertive
- Analytical and assertive
- Very analytical
- Supportive and analytical

It was interesting to obtain the feedback and to check it against your (my) own perception of self within those eight categories. I was rated or placed in four of the eight categories.

Well coach, where would you place yourself in the categories.

Lachlan Tighe, 2019