

# PERSONAL SWOT



THE COACHING MASTERS

# PERSONAL SWOT

PURPOSE OF THE TOOL: Help the coachee to define their strengths and areas for improvement.

<p><b>STRENGTHS(Internal Forces)</b> What are your strengths, main strengths, qualities, virtues or talents?</p>	<p><b>WEAKNESS(internal weaknesses)</b> What are your points to improve, main weaknesses, defects or difficulties?</p>
<p><b>OPPORTUNITIES(External Opportunities)</b> What opportunities are there for you to harness these strengths and achieve your goals?</p>	<p><b>THREATS(External Threats)</b> What threats are there from your weaknesses that could prevent you from achieving your goals?</p>

**1) Questions to generate conclusions and lessons learned:**

What do you conclude from this picture? What can you learn from this analysis?

**2) Questions to generate action for change:**

What could you improve or develop to better take advantage of opportunities and lessen potential threats?