

Personal Profile

Instructions:

Use the following two pages as a template for a personal profile — your own executive summary.

Jot down a high level overview of your insights about each of the areas listed:

- Skills
- Experience
- Interests
- Personality
- Values.

Seeing these insights all together, summarized on one or two pages, brings new things to light. What do you know to be true about who you are, what is important to you, and what you bring to others?

Part of the coaching process can include exploratory work to address each of these areas.

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Skills:

Experience:

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Interests:

Personality:

Values: