

# Candidate Worksheet 1.11

## *Self-evaluation task*

Rate yourself on the following skills at different stages of the course and highlight your strengths and weaknesses.

1: Very confident in my ability

2: Quite confident in my ability

3: Not very confident in my ability

4: Need more work to improve

Planning and preparation before sessions                      Score:

Session planning    Score:

Delivering the session plan    Score:

Communication skills    Score:

Assertiveness and group control    Score:

Subject knowledge    Score:

Rapport with participants    Score:

Safety awareness    Score:

Confidence in leading groups    Score:

Initiative – improvising and adapting activities                      Score:

Comment on your strengths and weaknesses: