

SELF-ASSESSMENT

Coaching Strategy Call Self-Assessment

COACHING STRENGTHS & WEAKNESSES

We look forward to speaking with you soon. In the meantime, we recommend completing this worksheet to get the most out of your strategy call.

There are three main reasons coaches join OPEX CCP: to improve their coaching **effectiveness**, **efficiency**, or **sustainability** — or all three. Reflect on each, identify whether it's a priority for you, and write any notes to discuss with your coaching advisor. We'll provide relevant resources to help you turn your coaching weaknesses into strengths.

NAME

CALL DATE (MM/DD/YY)

CALL TIME

1 EFFECTIVENESS

Do you have a deep understanding of the science and principles of exercise, behavior, and nutrition, frameworks for resistance and energy systems training, and a system to implement them?

Is effectiveness a priority for you? Why or why not?

2 EFFICIENCY

How long does it take you to design exercise and lifestyle programs, run your business, and manage relationships, and does this align with the number of clients you want to coach?

Is efficiency a priority for you? Why or why not?

3 SUSTAINABILITY

Are you working with your ideal clients, does coaching support your lifestyle, and do you have a long-term plan to build the career of your dreams — whether that's coaching in-person or remotely?

Is sustainability a priority for you? Why or why not?

What are your long-term coaching goals?

What are your short-term coaching goals?

List any additional questions you'd like to discuss with your advisor.

We'll speak with you soon.

In the meantime, read our curriculum guide for more information about the OPEX Coaching Certificate Program.

[Read the Curriculum Guide →](#)