

MODULE 2. COACHING TOOLS

**READY
TO
START**

POST-TEST



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POST-TEST

You are going to face a test to assess your knowledge after training on coaching methods and tools. Please read each question carefully and choose one correct answer (a, b or c).

The test consists of seven parts. Each of them covers a different aspect of the training topic. Your answers will help us assess the effectiveness of the training and identify areas that require further development.

1. What is the key element of a team contract?

- a. Open communication, regular meetings, clear roles
- b. Partial commitment, long-term goals, flexible deadlines
- c. Unilateral decisions, lack of deadlines, lack of commitment

2. Which of the following criteria is not part of the SMART method?

- a. Specific
- b. Ambitious
- c. Measurable

3. Which step of the GROW model involves assessing the current situation?

- a. Goal
- b. Options
- c. have no influence on the choice of profession



4. What elements can be assessed in a professional context using the Wheel of Life?

- a. Career, health, relationships, finances
- b. Finance, hobbies, travel, health
- c. Relationships, personal development, fashion, finances

5. Which of the following areas can be assessed using the Work (Effectiveness) Wheel?

- a. Team management, communication, project planning
- b. Creativity, time management, health
- c. Communication, hobbies, financial management

6. Which tasks should be performed first according to the Eisenhower Matrix?

- a. Important but not urgent
- b. Urgent and important
- c. Urgent but not important

7. Which element of the SWOT analysis concerns external factors?

- a. Strengths
- b. Weaknesses
- c. Chances

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ANSWER KEY



1. a
2. b
3. c
4. a
5. a
6. b
7. c