



Psychological meter- Fully detailed sample

-1- 30 second summary:

- ✓ **Summary:** Evaluate your sense of safety within your team.
- ✓ **Link:** [Self assessment.](#)
- ✓ **Main Outcome:** Awareness of psychological safety at work.
- ✓ **Top Benefit(s):** Steps to foster a safer workplace.
- ✓ **Next Steps:** Complete the self-assessment and implement strategies to improve psychological safety.
- ✓ **Duration:** 10 minutes.
- ✓ **Target Audience:** All Employees.

-2- Process:

- 1- Start [your self-assessment](#)

WELCOME

The coaching process begins with your reflection on the questions in this intake form. Your answers will also assist your coach in supporting you as best as possible. All information you provide is confidential. (*Indicates a required field.)

* First name

* Last name

* Email address

Cell/mobile phone

Home phone

First page when you open the link to [your self-assessment](#)



Question 1 (of 10 total)

Can you describe a situation where you felt your input was particularly valued by your team? What was the outcome?

When I introduced the goals and expectations of the new Fiscal year to the team. The team seems engaged.

GLOBAL.NEXT

First question

Question 2 (of 10 total)

Share an instance where open communication helped your team overcome a significant challenge. How did it affect the team dynamics?

When Greg was terminated last April, I called a meeting with the team to give every one the opportunity to

GLOBAL.PREVIOUS

GLOBAL.NEXT

Run out of time? Want to think about your answers longer?

Click here to email yourself a copy of the form.

The email will include a copy of all of your answers so far, as well as the remaining questions in the form.

If you want to complete this form later, answer the questions in the email copy itself and forward the email to your coach.

This window will not close until you exit it yourself, after which you won't be able to access your partially completed form above again.

When you reach the end of the form, you will automatically be emailed a copy of your answers.

Second question; at anytime you can pause your questionnaire and resume the email you will receive.



Question 10 (of 10 total)

Can you share an experience where receiving feedback was particularly helpful for your personal or professional growth? What made this feedback effective?

Last July, when I met with my manager, ...

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SUBMIT ▶

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Last of 10 questions, when you submit your complete answer.

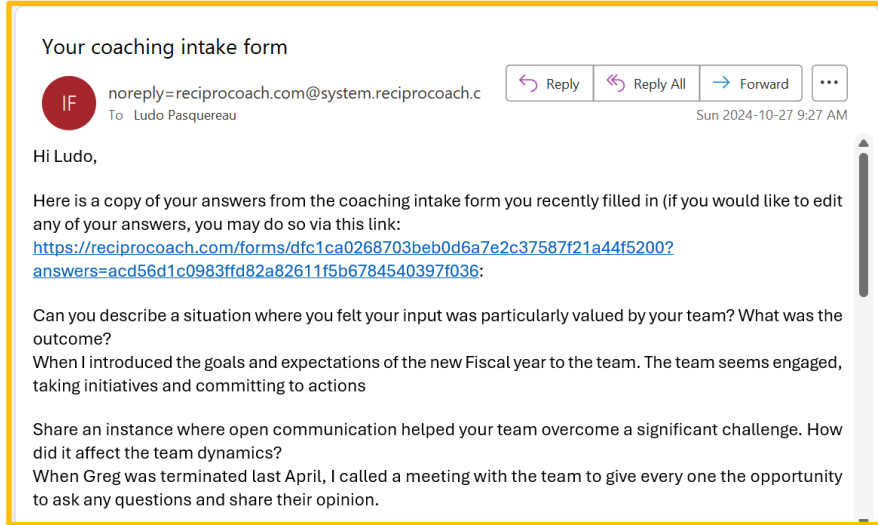
At the same time, you and one of our coaches will receive a confirmation email as well as your responses

You have completed the Intake Form!

A copy of your answers has been emailed to both you and your coach.

Next steps: one of our coaches will review your results, write a brief analysis with some recommendations and email it to you. At your option, you can book a free 30 minutes call with the coach to debrief and build your next steps. Enjoy!

Message on the screen received upon completion.



Email received upon completion (total or partial) with link to edit answers

-2- Once completed, you and one of our coaches will receive a confirmation email as well as your responses, as follows>

You have completed the Intake Form!

A copy of your answers has been emailed to both you and your coach.

Next steps: one of our coaches will review your results, write a brief analysis with some recommendations and email it to you. At your option, you can book a free call with the coach to debrief and build your next steps. Enjoy!

-3- One of our coaches will review your results, write a brief analysis with some recommendations and email it to you within 48 hours.

-4- Optional: you can book a [free introduction call](#) with the coach to debrief and build your next steps.

