



jobEQ - Profiling Environment

COMET Questionnaire - Mentoring & Coaching Assessment

The questionnaire measures 6 critical areas that contribute to your specific skills in short and long term mentoring. This report indicates your score for each category and explains what we were measuring. The parts 4 & 5 from the book "Mastering Mentoring & Coaching with Emotional Intelligence" (ISBN: 190442408-2) are designed to help you develop these skills.

There is no standard group for this competence questionnaire. We present you with the absolute scores.

1. Feedback & Conflict Handling Skills

Giving good feedback and accepting feedback requires being able to separate facts from interpretation and deal with blind spots, and acting upon the feedback. Similar skills are needed for handling conflicts and turning them into win-wins.

Your score: 92% (22 on a maximum of 24 points)

2. Analytical skills

The first task for analysis is gathering enough information, where question-asking skills comes in handy. Once we have the information, we need to structure it, finding the pattern that connects.

Your score: 94% (15 on a maximum of 16 points)

3. Communication Skills

We never succeed to communicate all details of a subject, and there is always a risk for being misunderstood. If you evaluate the quality of your communication based on the effect it has, this motivates you to adapt your message for your communication partner

Your score: 88% (21 on a maximum of 24 points)

4. Motivation, Values, Mission & Balance

The worst that can happen is that you look back at your life and conclude that you haven't been doing the things you would have liked to have done, because you didn't have the time or lacked the courage to act in accordance with your values or pursuit of your mission in life. This competence cluster includes the necessary skills to avoid falling in these traps.

Your score: 100% (16 on a maximum of 16 points)

5. Integrity & trust building

Are you willing to walk your talk, to go that extra mile to keep your promises? Your reputation and ability to inspire confidence are crucial for a constructive mentoring relationship.

Your score: 85% (17 on a maximum of 20 points)

6. Career Development Skills

Career development is one of the prime purposes of mentoring. It involves being able to find out what motivates your Protégé, how they prefer to organize their work and what they value or want for their future.

Your score: 92% (22 on a maximum of 24 points)

If you haven't done so already, we hope you'll pick up a copy of "Mastering Mentoring & Coaching with Emotional Intelligence". Apart from that, you are invited to complete the other jobEQ questionnaires, which are also mentioned in our book.

With the link below you have access to your personalised jobEQ profiling desktop, where you can see which other questionnaires are available for you from jobEQ.

< [Profiling Environment Desktop](#) >

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