



Mind Armour Professional Rating

If you want to convert your Mind Armour Animal into a Mind Armour Professional Rating, this will allow you to quantify your levels of professional effectiveness.

Circle your score for each of these questions (where 1 extremely low, 2 quite low, 3 low, 4 medium, 5 high, and 6 very high) to find out your Mind Armour Professional Rating and then consult the Results Box to understand your score.

Circle the score which represents most accurately how you feel:

- 1 More goal orientated **6,5,4** or Less goal orientated **3,2,1**
- 2 More of a structured planner **6,5,4** or Less of a structured planner **3,2,1**
- 3 More of a random person **1,2,3** or Less of a random person **4,5,6**
- 4 More limited vision **1,2,3** or Less limited vision **4,5,6**
- 5 More impulsive **1,2,3** or Less impulsive **4,5,6**
- 6 More of a decision maker **3,2,1** or Less of a decision maker **1,2,3**
- 7 More of a risk taker **6,5,4** or Less of a risk taker **3,2,1**
- 8 More attention to detail **6,5,4** or Less attention to detail **3,2,1**
- 9 More awareness of team dynamics **6,5,4** or Less aware of team dynamics **3,2,1**
- 10 More based on making easy decisions **1,2,3** or less based on making easy decisions **4,5,6**
- 11 More awareness of others' needs **6,5,4** or Less awareness of others' needs **3,2,1**
- 12 More aware of others' emotional & mental health **6,5,4** or Less aware of others' emotional & mental health **3,2,1**
- 13 More aware of others' physical health **6,5,4** or Less aware of others' physical health **3,2,1**
- 14 More empathetic with self and others **6,5,4** or Less empathetic with self and others **3,2,1**
- 15 More of an approachable person **6,5,4** or Less of an approachable person **3,2,1**
- 16 More based on self-ego **1,2,3** or less based on self-ego **4,5,6**
- 17 More based on self-worth **6,5,4** or Less based on self-worth **3,2,1**
- 18 More aware of own physical health **6,5,4** or Less aware of own physical health **3,2,1**
- 19 More of a nervous performer **1,2,3** or Less of a nervous performer **4,5,6**
- 20 More self-reflective **6,5,4** or Less self-reflective **3,2,1**
- 21 More motivated **6,5,4** or Less motivated **3,2,1**
- 22 More able to deal with setbacks **6,5,4** or Less able to deal with setbacks **3,2,1**
- 23 More avoidance of challenges **1,2,3** or Less avoidance of challenges **4,5,6**
- 24 More able to finish projects **6,5,4** or Less able to finish projects **3,2,1**
- 25 More independently motivated **6,5,4** or Less Independently motivated **3,2,1**

Results Box

- 1-30 = Below Average Professional
- 31-60 = Average Professional
- 61-90 = Good Professional
- 91-120 = Effective Professional
- 121-150 = Highly Effective Professional

Five Key Areas for Professional Success

- 1 Organisation / Clarity / Vision = Questions 1, 2, 3, 4, 5
- 2 Decisive / Risk Taker / Leadership = Questions 6, 7, 8, 9, 10
- 3 Empathy for Others = Questions 11, 12, 13, 14, 15
- 4 Self-Worth / Self Awareness = Questions 16, 17, 18, 19, 20
- 5 Motivation / Resilience / Challenge Ability = Questions 21, 22, 23, 24, 25

Suggestions

1-30 Score – Your days as a functioning professional are numbered. Burn out has arrived. Major surgery is needed, but it may be too late. Your only hope is to face the challenge head on immediately and be prepared for wholesale changes.

This will involve a willingness to improve and a re-evaluation of skills, attitudes and goals. There is also a clear need for 360 degree feedback ie evaluation by your manager, evaluation by peers, direct reports and evaluation by other stakeholders such as clients.

It is probable that you scored consistently poorly in all Five Key Areas. Are there any quick fix wins you can implement immediately, and can you create a strategy to implement medium to long term changes? To do this, you will almost certainly need independent and/or professional support and maybe even time away from the workplace.

31 - 60 Score – You are clearly under performing and you should know this. It is only a matter of time before your ineffectiveness comes to light. You require an overhaul of your skills, attitude and goals. This will be a balancing act of identifying what can be salvaged and what needs to be replaced. Burn out is on the horizon. It is probable that you scored poorly across some areas in the Five Key Areas. There may be quick fix wins you can implement immediately, and can you create a strategy to implement medium to long term changes? To do this, you will almost certainly need independent and /or professional support.

61 - 90 Score – You are a good performer, but maybe only just. Without an intervention, it is almost certain that performance will decrease. You do work at your performance, but now is the time to become more focused and more consistent. New learning, a greater awareness and a commitment to your profession is needed now. If you make these changes now, more success is just around the corner.

It is probable that you scored inconsistently in many of the Five Key Areas. To improve your professional standing, maybe you need to re-visit the areas where your score was low and create a plan of action. Line Manager and Peer Support would help you in this re-building process.

91 - 120 Score – You perform effectively on the whole and have an effective measure of consistency. But there is room for improvement and a need to become even more effective otherwise complacency might set in. You may be happy with this mid-range of performance, but without consistent focus, you may well become less effective over time.

It is probable that you scored consistently high in all Five Key Areas. To keep at the top of your professional game, maybe you want to re-visit the areas where your score was not as high as other areas and make positive changes.

121 - 150 Score – You demonstrate all the requisites of a highly effective professional. Your task now is to not become complacent with your attitude and skill set. Periodic reflection, keeping ahead of new learning, and some feedback is the key to your continual growth and success.

The Mind Armour Programme offers targeted and bespoke support to professionals who want to improve, either via training or bespoke coaching, in areas such as:

- Emotional Confidence
- Professional Awareness
- Applied Resilience
- Team Dynamics
- Communication Skills
- Mental Health and Well-being Awareness
- Stress Management
- Public Speaking
- Presentation Skills
- Sonoma Mindset Training
- Goal Setting, Motivation and Habit Change

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