

## SWOT Analysis for Coaching

<b>SWOT Analysis for Coaching</b>		
<b>Internal factors</b>	<b>STRENGTHS</b>	<b>WEAKNESSES</b>
	<p>What unique skills or talents do you have in this area? What do others see as your strengths? What are you most proud of in this area?</p>	<p>What areas do you feel you need to improve? What feedback have you received about your weaknesses? What tasks do you avoid because you don't feel confident doing them?</p>
<b>External factors</b>	<b>OPPORTUNITIES</b>	<b>STRENGTHS</b>
	<p>What trends in your industry or life could you take advantage of? What opportunities are available to you right now? What new skills or knowledge can you acquire to create opportunities?</p>	<p>What obstacles are you currently facing? Are there any changes around you that could negatively impact you? What risks could potentially harm your progress?</p>