

Facilitation Skills Self-Assessment

Instructions: Use this form to assess your facilitation skills BEFORE viewing the Facilitation Skills training videos. View all 8 demonstration videos, then focus your practice on the skills you rated as 3 or lower.

Access the Facilitation Skills Training Video Series on the Healthy Worksite Participatory Program website <https://www.uml.edu/Research/CPNEW/HealthyWork-ParticipatoryProgram/trainingsupport/facilitation-skillstraining-videos.aspx>

A. CURRENT FACILITATION SKILLS: Please rate your ability in each area using the following scale.

- 5 = Highly skilled – can perform well almost all of the time
- 4 = Skilled – can perform well most of the time
- 3 = Somewhat skilled – might perform well, but need more experience
- 2 = Little skill – would need more training