



INDIVIDUAL EVALUATION

Purpose

To play win-win-win, recognize wants and needs and build confidence

Process

Complete the SWOT (this assessment was developed by Cynthia Kitagawa)

Evaluate

Internal Environment

Strengths = clearly defined capabilities which gives you an advantage

Weaknesses = clearly defined deficiencies which put you at a disadvantage

External Environment

Opportunities = options for growth and development which have been over-looked

Threats = existing or potential dangers which could interfere with your growth and success



Plan

Actions to be taken:

Time frame for completion:

Methods for measuring success:

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