

Interpersonal Skills Assessment

Date: [Insert Date]

Dear [Recipient's Name],

I hope this message finds you well. As part of my ongoing personal growth and development, I am reaching out to seek your feedback on my interpersonal skills. Your insights are invaluable to me as I strive to improve my communication, collaboration, and overall interaction with others.

Assessment Areas

- Communication: Clarity, Listening Skills, Non-verbal Cues
- Teamwork: Collaboration, Supportiveness, Contribution
- Conflict Resolution: Handling Disagreements, Finding Solutions
- Empathy: Understanding Others' Perspectives, Building Rapport
- Adaptability: Flexibility in Interactions, Openness to Feedback

Feedback Request

I would greatly appreciate your thoughts on the following:

1. What are my strengths in interpersonal interactions?
2. Which areas do you believe I should focus on improving?
3. Can you provide any specific examples that highlight my interpersonal skills?

Your feedback will play a significant role in my self-improvement efforts. Thank you for taking the time to help me grow. I look forward to your candid response.

Sincerely,
[Your Name]