

# How do I complete my self-assessment?

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Conducting an honest self-assessment is not easy, but we will ask you to try. This is an important inflection point at the start of the program, and a true/solid assessment initial assessment will set you up for really measurable outcomes. Here is some helpful guidance to get you started assessing yourself against the [HBA Leadership Capabilities](#):

- Take time to reflect on your skill level
- Remain honest with yourself
- Get feedback: discuss your growth areas with your manager and trusted colleagues to help identify any blind spots
- Proactively identify your growth areas – where might you need to put some specific focus?

You'll complete your self-assessment via the HBA's website a the start, middle, and end of your program.

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