

Quiz Questions: Therapy for Executives and Emerging Leaders

1. Career and leadership assessment is not relevant for most clients.
 - a. True
 - b. False
2. Common biases that come up when working with clients related to leadership development include:
 - a. A tendency to view tall, able-bodied, white men as natural leaders
 - b. Good leaders rule from a position of power and have followers who comply
 - c. The double-bind for women: that they are either too timid or too aggressive (and must find a very small space where their behavior is acceptable).
 - d. All of the above.
3. What is considered the highest level of leadership?
 - a. A chill leader who lets folks do what they want.
 - b. An expert who rules with an iron fist.
 - c. A non-hierarchical, collaborative process where leadership can be found at any seat at the table.
 - d. A strong motivating leader who makes sure that people get stuff done.
4. Leadership is a trait and cannot be taught.
 - a. True
 - b. False
5. The 6 stages of the Leadership Identity Development Model:
 - a. Awareness, Exploration/Engagement, Leader Identified (hierarchy), Leadership Differentiated (relational), Generativity, Integration/Synthesis
 - b. Observation and Shadowing, Scaffolded Mentorship, Independent Practice, Reflection, Restoration, Repeat
 - c. Who am I, Where am I, What do I want to do, How do I do it, What will go wrong, and What does it all mean?
 - d. None of the above.
6. Which of the following are developmental influences on leadership development?
 - a. Interaction with authority figures and mentors
 - b. Opportunities to practice leadership
 - c. Parenting or Attachment Style
 - d. All of the above
7. What can get in the way of someone becoming a good leader?
 - a. Marginalized identity
 - b. Poverty and lack of opportunity
 - c. Relational trauma
 - d. All of the above
8. Therapists should add skills training into client treatment plans that focus specifically on work, leadership, and career success.
 - a. True
 - b. False
9. The following should NOT be assessed within mental health treatment:
 - a. How the client feels about their position at work and their future career goals
 - b. The client's daily tasks and role at work
 - c. Who the key people are at work (within a "work genogram" or organizational chart).
 - d. None of the above
10. What is the CHAT model?
 - a. A list of questions to keep the conversation going about work
 - b. Career Human Agency Theory
 - c. Clever Happy Associate Therapists
 - d. Communication, Humility, and Authenticity Training for Leaders