

Coaching Readiness Indicator

How Coachable Are You?

Select the number that comes closest to representing how true the below statements are for you at this point in time. As your coach, I need for you to be in a place where you are going to receive substantial benefit from coaching. This quiz helps me - and you - discover how likely you are to benefit from coaching at this particular time in your life.

Less True

More True

- | | | | | | |
|---|---|---|---|---|--|
| 1 | 2 | 3 | 4 | 5 | I see coaching as a worthwhile investment in my life. |
| 1 | 2 | 3 | 4 | 5 | Coaching is a top priority for me and I can commit to being on time for all calls and appointments. |
| 1 | 2 | 3 | 4 | 5 | It is important for me to actively participate in coaching, not permitting outside distractions during my sessions. |
| 1 | 2 | 3 | 4 | 5 | I am aware that I have further potential and there is room for growth and development. |
| 1 | 2 | 3 | 4 | 5 | I am willing to trust my coach, willingly trying new concepts or different ways of doing things. |
| 1 | 2 | 3 | 4 | 5 | I am willing to explore challenging, occasionally uncomfortable, topics with my coach that will facilitate my development as a leader. |
| 1 | 2 | 3 | 4 | 5 | I will be honest and open with my coach at all times. |
| 1 | 2 | 3 | 4 | 5 | I am open to eliminating or modifying self-defeating behaviors which may limit my success. |

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Less True

More True

1	2	3	4	5	If I feel that I am not getting what I need from my coach, I will share my feelings and ask for what I need from the relationship.
1	2	3	4	5	I am someone who can openly share my success and challenges with my coach.
1	2	3	4	5	I will not regret investing in myself.

Total:

- 10 - 20** This may not be the best time for you to engage in executive coaching.
- 21 - 30** Coaching is a great opportunity for you, but you will need to set & honor strict ground rules!
- 31 - 40** You are open to coaching - you can expect to gain substantially from coaching.
- 41 - 50** Very coachable; with sustained effort, you will realize your potential.