

Are you ready to be Coached?

Coaching as we know is a partnership between You the coachee and me the Coach. The coachee's readiness and desire to be in this journey are vital to creating more possibilities and reaching the desired outcome.

We call this readiness being coachable. Someone who is coachable is open to seeing other perspectives without being threatened.

Do you think you can be coached? Let's take the test.

Circle the number that comes closest to representing what is true for you now. Total the score and using the key at the bottom of the page, see where you are now. Remember this is a self-test. Being honest with yourself is the most important first step you can take.

Rate yourself, 1 being least true , 5 most true.

1 2 3 4 5	I am ready to make a change in my life now
1 2 3 4 5	I see coaching as a worthwhile investment in my life
1 2 3 4 5	I am fully willing to commit to the process and let the coach do the Coaching
1 2 3 4 5	If I feel I am not getting value from the process, I will share this immediately with my coach and discuss what I need from the relationship
1 2 3 4 5	I am willing to be honest about my challenges and areas of growth
1 2 3 4 5	I am willing to explore , stop or change any behaviours or practices which limit my success
1 2 3 4 5	I am willing to take the best actions in any circumstance, instead of just thinking about them
1 2 3 4 5	I am ready to take complete responsibility for my current situation. I am ready to give up blaming others
1 2 3 4 5	I am ready to let go of beliefs or behaviors that no longer support me.
1 2 3 4 5	I will take coaching seriously. I deserve to get the most out of coaching
1 2 3 4 5	I can be relied upon to be on time for all coaching calls and appointments
1 2 3 4 5	I have adequate funds to pay for coaching and will not regret the fee

_____ Total Score, add up all the circled numbers

Scoring Key

10-20	I am not ready to be coached at this stage
21-30	I am ready to be coached, but will need ground rules to make this successful
31-40	Coachable
41-60	Very coachable with objectives and readiness for change