

Are You Coachable?

Is coaching for you and are you ready now to make it a priority? Successful coaching outcomes require a mentally prepared canvas including a relatively stable personal life, willingness to embrace some changes and tackle new ways of organizing your goals and framing your challenges in partnership with a qualified sounding board and mentor who will challenge you to reach higher as well as look within to bring out your very best.

Rate the statements from 1 to 5 (1 = less true; 5 = more true).

1 2 3 4 5 Now is a good time for me to begin a coaching program. I have no major psychological, health, financial or personal issues that would interfere with my ability to focus. I am committed to giving 100% to the coaching process and I am ready to take the necessary steps to develop and implement the systems that will help me create and live the life I desire.

1 2 3 4 5 I know that there are no quick fixes and that I am responsible for implementing the changes I desire. I will work with my coach to hold myself accountable for my success and ask for help, feedback or support from others, including my coach. I am ready and willing to do the work required to make the changes I want to make and face the challenges that may arise.

1 2 3 4 5 I am committed coaching and to making it a top priority. I know that this means keeping my appointments and completing any work commitments to the best of my ability as well as communicating any issues or conflicts to my coach well in advance of our appointment time.

1 2 3 4 5 I will do the things I say I am going to do. When and if I do get off track I will communicate that to my coach and be open to input, observation and even a little “tough love” when indicated.

1 2 3 4 5 I am willing to consider and try new ways of framing and doing things. Collaborating and brainstorming with a qualified coach frequently results in a variety of new and creative ideas that will need to be prioritized, organized, implemented and tracked for effectiveness. I will stay the course and follow through on my newly designed priorities.

1 2 3 4 5 I will communicate in an honest and direct manner with my coach. I realize that a co-creative relationship such as coaching requires that the “gloves are off” and I spare no detail when communicating confidentially with my coach, knowing there is complete confidentiality and support, but no judgment from my coach.

1 2 3 4 5 If I feel I am not getting what I need or expect from my coach I will share this as soon as I sense it and make requests to get what I want and need from the relationship.

1 2 3 4 5 Behavioral change is an inside job. I am committed to practice being mindful of negative and self-defeating behaviors as well as positive and successful ones. I understand that change takes time and new habits replace the old, unworkable ones. I am ready to take the time and the steps required to internalize new and positive habits.

1 2 3 4 5 I will communicate my wins and my challenges to my coach, acknowledging both the victories and the struggles. Progress must be measured punctuated and celebrated while challenges and setbacks are acknowledged and discussed.

1 2 3 4 5 I understand the benefits of a solid, collaborative and challenging coaching relationship. I feel that a coaching program is right for me now. I am willing to invest the required time, energy and funds to do so and stay the course regardless of the challenges, until my goals are achieved.

SCORING KEY: PLEASE ADD UP YOUR TOTAL SCORE.

10-20: Coaching alone may not be right for you at this time. You may wish to consider seeking out a therapist or counselor for specific support and help to get to a place where a coach would be of greater benefit.

21-30: You are somewhat coach-able but will need to pay close attention to the ground rules and be certain of your commitment to the coaching process. You may need to spend extra time on your personal growth and development as well.

31-40: You are very coach-able; however you may want to look at ways of raising your scores on that are on the lower end in this self-assessment in order to get the most from the coaching process.

41-50: Supremely Coach-able! You are on the brink of greatness, ready for the honest feedback and input a coach will present to you. Your coach will expect a lot from you and will challenge you to be the great success you should be on many levels.