

Are You Ready for Coaching?

Take This Quiz!

Rate yourself on a scale of 1 ("No, not at this time") to 5 ("Yes, absolutely"):

There is something I want to work on or achieve that I will focus on in my coaching

1 - Low 2 3 4 5 - High

I can be relied on to be on time for calls and appointments with my coach

1 - Low 2 3 4 5 - High

I am willing to stop or change behaviours that are interfering with my progress

1 - Low 2 3 4 5 - High

I will give my coach the benefit of the doubt, and be willing to try new concepts, approaches or different ways of doing things to help achieve my goals

1 - Low 2 3 4 5 - High

I am willing to do something different in order to get different results

1 - Low 2 3 4 5 - High

I will work collaboratively with my coach to design goals and actions steps to move forward

1 - Low 2 3 4 5 - High

I will take regular actions to help achieve my coaching goals even if I do not see immediate results

1 - Low 2 3 4 5 - High

I will be open with my coach about what I like or do not like about how the coaching is going

1 - Low 2 3 4 5 - High

I am able to make a commitment to coaching and attend regular coaching appointments

1 - Low 2 3 4 5 - High

I will create time to complete assignments and homework to support the programme and my development

1 - Low 2 3 4 5 - High





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Total

10-20 Coaching may not be your best option at this time

21-30 Coachable, adhere to the ground rules set by the coach

31-40 Coachable

41-50 Very coachable – let's get started!

