



Are You Ready for Coaching?

Look at the statements below and circle the number which comes closest to representing how true the statement is for you right now. Add up your score and use the key at the bottom of the page to determine your coachability.

Less True				More True	
1	2	3	4	5	I can be relied upon to be on time for all calls and appointments.
1	2	3	4	5	This is the right time for me to accept coaching.
1	2	3	4	5	I'm willing to do the work and let the Coach do the coaching.
1	2	3	4	5	I keep my word without struggling or sabotaging.
1	2	3	4	5	I'll give the Coach the benefit of the doubt and "try on" new concepts or different ways of doing things.
1	2	3	4	5	I'll speak candidly (tell the whole truth) to the Coach.
1	2	3	4	5	If I feel I'm not getting what I need or expect from the coach, I'll share this as soon as I sense it and require that I get what I want and need from the relationship.
1	2	3	4	5	I'm willing to stop or change self-defeating behaviors that limit my success.
1	2	3	4	5	I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.
1	2	3	4	5	I'm someone who can share the credit for my success with the Coach.

KEY

- 10 – 20 Now is not the time for you to hire a Coach.
- 21 – 30 You're coachable and could benefit from coaching, but make sure ground rules are honored!
- 31 – 40 You're coachable and ready to have a Coach.
- 41 – 50 You're VERY coachable. When you hire your Coach, ask them to require a lot from you!

There's no right or wrong, good or bad, to where you land in the Coachability Index above. We all have phases we travel through in our lives. Sometimes the timing for coaching is just not there. Other times you'll be ready to hit the ground running with a Coach. Just use this as a guide in your own hiring.