

Are You Coachable?

Please circle the appropriate number next to each of the statements below. You should then review the results of this quiz with your coach so that together you can determine whether coaching is the right option for you at this time.

1 = Not True; 2 = Somewhat True; 3 = True; 4 = Very True.

	NT	ST	T	VT
I am prepared to be on time for all coaching appointments as scheduled, and to give at least 24 hours' notice if I cannot.	1	2	3	4
I am willing to take an active role in the coaching process and to follow through on action steps as agreed with my coach.	1	2	3	4
I am at a point in my life when I will try out new ideas and ways of doing things, as agreed with my coach.	1	2	3	4
I am willing to allow my coach to facilitate my process of discovery, and to freely share the insights I experience.	1	2	3	4
I am ready to willingly enter into a partnership with my coach to create a life – including work – that is even better than I have imagined	1	2	3	4
I am willing to be open, honest, and authentic with my coach.	1	2	3	4
I am willing to recognize my own limiting issues and beliefs and to take responsibility for changing when it is in my best interest.	1	2	3	4
If at any time I feel the coaching relationship is not working for me, I will share this with my coach and work toward a mutually acceptable solution	1	2	3	4
I have sufficient funds to invest in the coaching – I see coaching as an investment in my personal and/or professional future.	1	2	3	4
I do not have any depression, anxiety, or other mental illness, or any other issue that would interfere with my ability to be coached.	1	2	3	4
Total of all numbers circled:				

Scoring:

- 33-40 You are very coachable and should be a delightful client.
26-32 You are coachable.
17-25 You may be coachable, but you will need to adhere to all agreements
carefully.
10-16 Coaching may not benefit you now.