



Are You Coachable?

Circle the number next to each of the following statements on the 1-4 scale as follows: 1 = not at all true, 2 = somewhat true, 3 = true, 4 = very true. You will then review the results of this quiz with your coach so that you can, together, determine whether coaching is the right option for you at this time so that you can gain maximum benefit.

NT	ST	T	VT	
1	2	3	4	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 that is even better than I have imagined alone.
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 "stuff" (limiting issues and beliefs) and to take responsibility for changing them 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, and 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 other issue that would interfere with my ability to be coached.
_____				Add total score of all numbers circled

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