

How Coachable Are You?

Instructions:

Are you a good candidate for coaching at this point in time? Circle the number below that comes closest to representing the truth of the statement for you right now, with 1 being the least true and 5 being the most true. Then score yourself, using the key at the bottom of the page. This quiz will help you discover how coachable you are, right now.

- 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 am fully willing to do the work and let the coach to 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 out new ideas or different ways of doing things.
- 1 2 3 4 5 I will tell the whole truth to myself and my coach.
- 1 2 3 4 5 I am a person who can express what I need or expect, and I can share this as soon as I sense it
- 1 2 3 4 5 I am willing to stop or change self-defeating behaviors that limit my success.
- 1 2 3 4 5 I see coaching as a worthwhile investment in my life.
- 1 2 3 4 5 I am someone who can share the credit for my success with the coach.

Total Score (add up all the numbers):

Scoring Key:

- 10 – 20 Not coachable right now.
21 – 30 Coachable, but make sure ground rules are honored!
31 – 40 Coachable.
41 – 50 Very coachable; ask the coach to demand a lot from you!

Do you have doubt or questions about your commitment to coaching and if it's right for you? Contact Susan at susan@srbcoaching.com to try a complimentary 30-minute session with no obligation.