Ready to be Coached?

Name: _____

This questionnaire is designed to help you self-assess your readiness for a coaching relationship.

Please circle Yes or No to each statement.

1. I will keep appointments with myself to work on my coaching homework.

   Yes No

2. There is something I want to work on or achieve which I will focus on in my coaching.

   Yes No

3. I am willing to stop or change behaviors that are interfering with my progress.

   Yes No

4. I am willing to try new approaches to help me achieve my goals.

   Yes No

5. Coaching is an appropriate approach to help me accomplish my goals, as opposed to therapy for an emotional issue, consulting for specific problem solving, or specific teching.

   Yes No

6. I will take regular action to help achieve my coaching goals even if I don't see immediate results.

   Yes No

7. I will be open with my coach about what I like or don't like about how the coaching is going.

   Yes No

8. I will work collaboratively with my coach to design goals and action steps to move forward.

   Yes No