

COACHING READINESS SELF-ASSESSMENT

INSTRUCTIONS

If you are thinking about working with a coach, it's important to ask yourself if you are really ready. This self-assessment is designed to help you determine if you are prepared to make that commitment. Note, this document is for your eyes only. Use the rating scale below, and record your response to each statement. When you are finished, add up each column from top to bottom and record the number below. Now combine the numbers from all five columns to arrive at your final score.

KEY INDICATORS

RATING SCALE

- With a desire to learn and grow, I am ready to step outside of my comfort zone.
- I understand that part of the coaching process is seeing myself through the eyes of others.
- Receiving feedback will help me to identify my current strengths and potential areas for development.
- Becoming more self-aware is important to me.
- I am ready and open to exploring self-limiting beliefs that may be holding me back.
- I recognize that I am the only one who can take responsibility for my behavior.
- Exploring alternative points of view will help me to develop and maintain a growth mindset.
- Throughout the process, I will commit to fostering an open dialogue and asking questions when needed.
- I am confident that the opportunity to work with a coach can help to accelerate my growth as a leader.
- I recognize that like most things, what I get out of my coaching engagement will be greatly impacted by or equal to the effort I put in.

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Total for each column:	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>

TOTAL SCORE (all 5 columns combined):

SEE THE NEXT PAGE FOR MORE INFORMATION



YOUR SCORE	ASSESSING YOUR RESULTS
41 - 50	<p>Wow, that's incredible! It sounds like you are focused and ready to go. Keep in mind that while working with your coach, you may need to pace yourself. The reality is, change does not happen over night, so be patient with yourself. Finally, you will need to keep an open mind and be ready to roll up your sleeves to do the work. Buckle up!</p>
31 - 40	<p>We can tell that you are going to do well. Working with a coach can be an eye opening experience, so it helps to make sure that you are in the right mindset. Your coach is there to help hold you accountable, so following through on action items will be critical to your success. This is where the fun begins.</p>
21 - 30	<p>Your ability to focus and stay engaged will determine how well you do. Now is the time to explore potential opportunities that will heighten your readiness to learn and be more self-aware. How can you improve your readiness score? You will need to make a commitment and put your best foot forward. A coach may be exactly what you need.</p>
11 - 20	<p>To help you succeed, identify the areas that are most challenging for you. Go back and look at your lowest scores. Can you identify more specifically what holds you back from making the most out of working with a coach? If you can shift your mindset, the payoff will be well worth it. Proceed with caution.</p>
1 -10	<p>Remember, only you can make the choice to show up and do the work. Perhaps there are other ways to learn and grow that you should be focusing on. Remember, it's the journey not the destination. We encourage you to take a step back and revisit this another time. If you have questions, please contact us.</p>