

## Coachability Self-Test

Coaching is intended to support clients in developing competence in behaviors that are effective and authentic, and produce results. My role will be to support you in the change you'd like to create. Take the Coachability Self-Test to determine if coaching would be appropriate for you at this time.

For each statement, circle a number 1-5 based on how true the statement is for you.

1 is least true

5 is very true

1 2 3 4 5	I recognize that there is value in having a thinking partner that guides me in doing my best work and becoming my best self.
1 2 3 4 5	I believe that through collaborating with my coach, and my own reflection and exploration, I can discover my best next steps and solutions.
1 2 3 4 5	I know that self-discovery can be challenging, yet drives change.
1 2 3 4 5	I am eager to take the actions necessary to accomplish my goals and change patterns that do not serve me.
1 2 3 4 5	I am willing to try on perspectives that may be different from those I currently hold.
1 2 3 4 5	Self-awareness and being my best self are important to me.
1 2 3 4 5	I am willing to explore, experiment, and try new approaches, understanding that figuring out "my best way" is a process.
1 2 3 4 5	I understand that change takes time. I am willing to commit to the coaching process, set up systems to keep regularly scheduled appointments, and be on time for coaching sessions.
1 2 3 4 5	I recognize the value of coaching and see it as an investment in my own growth, happiness, and success. I am willing and able to pay for this.
1 2 3 4 5	If I feel I'm not getting what I expect or need from my coach, I will share this as soon as I can and make clear requests to my coach to get what I need.
	Total

### Scoring

0 - 24	Coaching is probably not appropriate for you at this time
25 - 32	Coaching may be appropriate for you at this time. Let's talk.
33 - 39	Coaching would likely be very valuable for you at this time. You are willing to be open to trying on new ways of doing things.
40 - 50	Coaching would likely be a pivotal piece of your life. You are willing to do what it takes to actualize and "own" your life's purpose and who you truly are.