



Are you ready for coaching?

Adapted from Keith Webb • <http://www.creativeresultsmanagement.com>

Coaching works best when there is a significant gap between what you have and what you want. You need to be willing to change and to experiment with new ways of doing things. Is there a gap and are you willing to experiment?

Use the following self-assessment

Get an idea of how ready you are to benefit from coaching. Circle the number that come closest to representing how true the statement is for you right now. Find your total score by adding up your numbers.

More	Less	Statement
5 4 3 2 1		I have goals I want to achieve.
5 4 3 2 1		I could use an honest, outside perspective.
5 4 3 2 1		I don't have time to learn all I need to learn on my own.
5 4 3 2 1		I lack clarity, and there are choices to be made.
5 4 3 2 1		I need some additional support in reaching my goals.
5 4 3 2 1		I'm ready to commit some thought and time to my development.
5 4 3 2 1		A big stretch is being asked or required, and it is time sensitive.
5 4 3 2 1		I could use someone to help me focus, challenge me, and hold me accountable to my commitments and dreams.
5 4 3 2 1		I desire to accelerate results in my personal and/or professional life.
5 4 3 2 1		My work and personal life are out of balance, and I don't like the consequences.
5 4 3 2 1		I could use more energy-giving relationships in my life.
5 4 3 2 1		I'm willing to make changes to have the life I want.
_____		Total (add up all the numbers)

Use the scoring key on the next page



Scoring key

Are you ready for coaching? This is only a guide. You're the only one who can say, "I'm ready."

60-48 Very ready. Ask the coach to ask a lot from you!

47-36 Ready for coaching.

35-24 Ready, but make sure the ground rules are honored.

23-12 This may not be the right time for you to be coached.

Question: Are you ready for coaching? If so, what will you do to get coaching? If not, when might you want get coaching? Write your response below: