

Coaching Readiness Quiz

Please answer these questions to assess individual “readiness” for coaching.

	YES	NO
I am at a point in my life where I am ready to work on personal or leadership areas.	☐	☐
I am prepared to tackle the tough issues to close the gap between where I am now and where I want to be.	☐	☐
I am open to new ideas and new ways of doing things to facilitate positive change and growth.	☐	☐
I want relevant concepts and skills that help me address strategic issues and/or immediate concerns.	☐	☐
I am looking for a partner who can share my successes and help me with my challenges.	☐	☐
I can commit to keeping my regularly scheduled appointment with my coach, even if it means having to reschedule an appointment.	☐	☐
My coach can count on me to always tell the truth, even when it is difficult to the coach or to me.	☐	☐
I understand that in coaching, the "client does the work," not the coach.	☐	☐
If something is not working in my relationship with my coach, I will let my coach know immediately so we can immediately take action to improve the situation.	☐	☐
I want additional tools, resources, or concrete approaches to a variety of challenges.	☐	☐
I am prepared to devote the time needed to make coaching work, including time for meetings and homework in between	☐	☐
☐ There is something out of the ordinary going on in my work and or personal life that might negatively affect my ability to work with a coach.	☐	☐

☐ If you answered “Yes” to the flagged question, coaching may not be the right fit now.