

"How Coachable Am I?"

Are you really ready to ask this question of yourself? Do you wonder how you and coaching might go together? If you're open and available to tackle these questions, here's a simple quiz designed to inform you where you might be in relation to receiving those things that could move you ahead in your endeavours. Follow the directions and decide for yourself. **Directions:** Record of the number which comes closest to representing how true the statement is for you. Then, score yourself, using the key at the bottom of the page. **Scoring:** Score each of your answers with one through five, corresponding to the item listed below which applies 1. not true 2. less true 3. not sure 4. more true 5. true

How true are these statements?

1. I can be relied upon to take coaching seriously.
2. I believe this is the right time for me to accept coaching.
3. I am fully willing to do the work and let the coach do the coaching.
4. I keep my word without struggling or sabotaging.
5. I will give the coach the benefit of the doubt and try out new ideas.
6. I will tell the whole truth to myself.
7. I am a person who can express what I need or expect, and I can share this as soon as I sense it.
8. I am willing to change self-defeating behaviours which limit my success.
9. I see coaching as a worthwhile investment in my life.
10. I am someone who can share the credit for my success with the coach.

_____ TOTAL SCORE (add the numbers up)
SCORING KEY

- 10 - 20 Not coachable at the moment.
- 21 - 30 Coachable and greater willingness would permit faster progress.
- 31 - 40 Coachable.
- 41 - 50 Very coachable; hire a coach and request that they ask a lot from you!

If you score over 31-50, [e-mail](mailto:www.auscoaching.com.au) me to set up a complementary coaching session! Cut and paste the questions along with your scores for each question before you send your request.
www.auscoaching.com.au