



READY TO BE COACHED?

Name: _____

This questionnaire is designed to help you self-assess your readiness for a coaching relationship.

Please circle Yes or No to each question;

1. I will keep appointments with myself to work on my coaching homework.
Yes____ No____
2. There is something I want to work on or achieve which I will focus on in my coaching.
Yes____ No____
3. I am willing to stop or change behaviors that are interfering with my progress.
Yes ____ No____
4. I am willing to try new approaches to help me achieve my goals.
Yes____ No____
5. I will take regular actions to help achieve my coaching goals even if I don't see immediate results.
Yes____ No____
6. I will be open with my coach about what I like or don't like about how the coaching is going.
Yes____ No____
7. I will work collaboratively with my coach to design goals and action steps to move forward.
Yes____ No____