

How Coachable am I?

Name: _____

Most people are coachable to one degree or another. It is important for you and your coach to know where you fit on the coaching continuum.

Please honestly answer the following questions, by circling the number that most accurately represents your position, and immediately fax the form back to your coach at +61 07 5593 0425, Thank you?

<i>My Position right now</i>	<i>Not true</i>	<i>Hardly ever true</i>	<i>Sometimes true</i>	<i>Usually true</i>	<i>Always True</i>
1. I may be relied upon to be on time for my coaching sessions					
2. I am willing to examine and change the self-defeating behaviours that limit my success in reaching my goals					
3. I am willing to give my coach my confidence, take risks and try things he/she suggests even if I have doubts about the chances of success					
4. This is a good time for me to accept coaching					
5. I keep my commitments without undermining, sabotaging or manipulating.					
6. If I feel that coaching is not giving me what I need and my coach is not helping me to move forward, I promise to share my feelings with my coach immediately and insist that I get what I need from the process					
7. I understand that coaching is a two-way street and any success that I achieve will be a team effort with the coach playing a big role.					
8. Coaching is a worthwhile investment in my life, and I have adequate funds to pay for coaching for the entire contract.					
Now to Score, add up the numbers ticked					
Your Total Score is:					
9-18	Will have great difficulty with coaching				
19-28	Coachable, but must hold strictly to ALL commitments				
29-38	Coachable				
39-45	Highly coachable				

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