

Coachability Index

For us to create exceptional value for you, we need you to be at a place in your life where you are coachable. On a scale of 1-5, please rank yourself honestly on the coachability scale. How coachable are you?

1 - not ready at this time; 5 = 100% ready for this, right now

Scale of 1-5

I can be relied upon to be on time for calls and appointments, and agree to give 24 hours notice if I need to reschedule.

I can be relied upon to do the homework assignment(s) that I commit to.

I keep my word without struggling or sabotaging. I strive for integrity.

I will give my coach the benefit of the doubt and “try on” new concepts or different ways of doing things.

I will openly speak my truth and not be concerned about what my coach is thinking.

If I feel I am not getting what I need or expect from the coach, I will share this, and ask that I get what I want and need from the relationship.

I am willing and motivated to eliminate or modify the self-defeating behaviors that limit my success.

I have adequate funds to pay for coaching, and will not regret or suffer over the fees. I see coaching as a worthwhile investment in my life.

I am willing and able to devote the time and emotional energy needed between sessions, in order to put what I learn into practice.

I have a high level of self-awareness.

TOTAL:

Scoring Index:

10-20: May not be coachable right now.

20-30: Coachable, but we'll need to make sure our ground rules are honored.

30-40: Coachable.

40-50: Very coachable; ask me to ask a lot from you!