

HOW COACHABLE ARE YOU?

Are you someone who will benefit from coaching? This is an list of 51 questions that will help you understand whether you will benefit from coaching.

Working with a professional requires a significant amount of time, energy, effort, and money. This assessment will tell you whether you will get our returns on investment by investing in coaching right now.

Rate each statement in the table of a scale of 1 to 5, with 5 being 'very true' and 1 being 'not true at all'

Choose how true each statement is for you. There are no right or wrong answers.

Statement	Response
1. I am curious about how to explore changes to further myself	
2. I have some specific goals for myself that I am motivated to reach	
3. I find it very useful to collaborate with others and to have a partner to help me reach my goals	
4. People have told me that a strength I have is knowing when to get assistance from others which can help me perform better	
5. I tend to take feedback in a non-defensive manner, meaning that I truly consider what people tell me	
6. I believe I have strengths and capabilities which I have not yet truly tapped	
7. The idea of someone supporting and guiding the process of meeting my goals is very intriguing to me	
8. I am open to considering new perspectives and ideas for various aspects of my life	
9. Lifelong learning, education and self-improvement are among my greatest values	
10. I recognize that important areas in my life are out of balance and I want to work to correct this imbalance, so I feel more grounded, fulfilled and content.	
11. Some people have told me that I am solution oriented and someone who takes action to achieve change	
12. Some words that describe me well include – inquisitive, interested, and inquiring	
13. I think I could use assistance in identifying and developing my core strengths	
14. I recognize that I will not feel completely fulfilled if I do not explore ways of developing myself (personally or professionally) and I am willing to do what it takes to make this happen	
15. One of my deepest values is the ability of humans to grow and develop	
16. I would like to become more focused, efficient, or clear in the process of goal attainment	

17. There are important goals in my life that I have yet not achieved but would like to begin the process of reaching then starting today	
18. I believe that I could further myself by making some changes. I am not sure what my goals are or what changes I want to make in my life but I know I want to find out more	
19. If someone were to ask me when I would like to begin making significant changes in my life or relationships, I would like to respond by saying 'right now' and not 'later' or 'in a few months'	
20. I am willing to take the primary responsibility for taking the necessary action steps that will help me move ahead	
21. I do not have difficulty with meeting deadlines, generating results, or sticking to a timetable for goal achievement	
22. If asked to write down the top 3 changes I would like to make in my life over the next 3 months, I would have no problem answering	
23. I can clearly see and articulate how working with a professional coach would benefit my life right now	
24. Someone has recommended coaching to me or told me about coaching and I thought, 'what an excellent idea'	
25. I have a strong desire to make my lie more focused, simple, clear, or satisfying	
26. I believe working with someone who has a more objective point of view can significantly help me to see things in my life differently	
27. If someone were to provide me with constructive criticism, I would carefully consider what they had to say, ask others for feedback as well and take action	
28. I am ready right now to dedicate the time, energy, and finances to make real changes in my life that can last for a long time	
29. I am very interested in figuring out how I have created obstacles to my own success	
30. I am planning to hire a coach; I intend to interview a couple of coaches and ask specific questions to make sure that they are a good match for me and can guide me by the process of coaching	
31. I would like to have someone help me recognize what is working well in life for me and how I can capitalize on my strengths to figure out how to create and reach my goal	
32. I am someone who values diversity of perspectives and opinions	
33. Many times I think that it would be great to have an objective partner help me navigate through specific life changes and find great success	
34. Even if I have not taken the time for my own happiness and development in the past, I am ready to begin doing so now.	
35. I could be described as – questioning, curious and enthusiastic	

36. Investing my time, energy, finances and other resources towards my satisfaction and fulfilment sounds like a sound investment to me	
37. I do not have a psychological disorder (e.g.: depression, anxiety disorder, eating disorder) that is unstable or untreated	
38. I am (or working on becoming) future-oriented, rather than living or dwelling in the past	
39. Throughout my life I have been curious about how I can develop myself and perform my best in several areas of my life	
40. I can commit on being on time and prepared for my coaching sessions even if I have a lot of other things going on in my life	
41. I recognize that coaching requires a financial investment and I believe that it is worth it	
42. I have no reason to believe that therapy would be a better resource for me than coaching right now	
43. If while working with a coach, my coach gives me specific homework assignments or action steps to do, I am confident that I will work hard towards doing them	
44. I believe that my natural support systems (friends, family, partner) are too close to my issue to provide objective coaching and so a professional coach would add significant value	
45. I am worried that I may never discover my true potential if I do not do some work on that discovery process	
46. I have attempted to make changes or embark on the process of meeting my largest goals on my own but have not been entirely successful. I think that a partner who will assist me rather than a consultant who will tell me will help me better	
47. I understand that a coach will help me recognize solutions, strengths, and opportunities but will not do things for me or tell me exactly what to do in every scenario I discuss	
48. Others have remarked that I appear particularly motivated and interested in getting the most I possibly can out of my life (and/or career)	
49. I am looking to reduce or solve a problem, promoting growth and development right now	
50. I know the difference between therapy, consulting, and coaching and believe that coaching would best meet my needs right now	
51. I am eager to have a professional coach serve as a partner to support my growth and development process.	

Add up your score:

Understanding how coachable you are

Total Score 168-255

This score indicates a high likelihood that you are an optimal coaching candidate. You are highly “coachable” right now. You are likely to be open to feedback and who is willing to take an honest look at yourself. You may not be aware of all your strengths or capabilities, but could significantly benefit from working with a coach who can help you to build upon your strengths and create opportunities for success. You have either done your research about coaching and know what it is and how you can benefit from it, or you are just naturally well matched to being coached. Your ability to stay focused on taking specific action steps to help yourself meet your goals is likely to help you gain a great deal from the coaching process. Your motivation currently appears high and you appear ready to make the investment of your resources into coaching since you anticipate that it will pay off well. If you have been considering hiring a professional coach, now is an ideal time to do so. A coach will be fortunate to work with you since you are such a great coaching candidate.

Total Score 84-167

This score indicates a high likelihood that you are a good coaching candidate. You are someone who would be considered “coachable.” You may not be completely familiar with coaching or know exactly how it works, however, you seem to have the natural characteristics that make someone able to benefit from coaching. For instance, you appear to be motivated to making important changes in your life, open to hearing and considering different perspectives, and curious about how you can better yourself. You are also probably sufficiently motivated to work with a professional coach. We recommend that you do some research about coaching by speaking to coaches and people who have been coached. Many coaches give a free initial session, so you can take advantage of those and find out whether coaching, therapy, or consultation is the best match for you, and what type of coach or specific coach would be idea for you. Please note that assessment results are not 100% accurate and the true results can vary depending on your situation, so you may be more “coachable” than this summary describes.

Total Score 0-83

This score indicates a high likelihood that you are not an optimal coaching candidate at this point in time. Your answers are not consistent with someone who is highly “coachable.” This may be because you are not very familiar with the process of coaching and how it can benefit you or because now is not the right time for you to embark on the process of coaching. It is possible that you are not naturally goal oriented or who is not naturally curious about yourself and your potential. Coaching could help you to develop these areas. Therefore, a coach could help you to best utilize coaching to make important changes. It would be important that your coach know the results from this assessment up front so he or she can tailor the



coaching to make it most effective. Some coaches prefer working with clients who may need more support and are skilled at working on motivation or goal setting. It may also be that working with a trainer, consultant, therapist, or mentor may be a better match for you. It may be a good idea to take advantage of coaches' free initial sessions to help you learn more about coaching and find out whether coaching, therapy, or consultation is the best match for you. Please note that assessment results are not 100% accurate and the true results can vary depending on your situation, so you may be more "coachable" than this summary describes.