



Coaching Readiness Assessment

Are you wondering if you or one of your team members is ready for coaching? Please rate yourself on a scale of one to five (1=disagree to 5=strongly agree) on each of the statements listed below. Your score will help determine your coaching readiness. Share this with your team members and help them determine their readiness for coaching.

- I can commit to being on time for coaching sessions. _____
- I am willing to accept coaching to achieve desired results. _____
- I am willing to do the work requested of me. _____
- I am open to trying on new ideas and different ways of doing things. _____
- I am willing to take responsibility and be held accountable for the results I produce. _____
- I am honest with myself and appreciate honesty in others. _____
- I am open to asking for and receiving feedback. _____
- I am willing to stretch myself outside my comfort zone. _____
- I am willing to be challenged by my coach to realize my goals. _____
- I am willing to modify or eliminate self defeating behaviors that limit my success. _____
- I am open to self reflection. _____
- I have the financial resources or they are available to me to invest in coaching. _____

Total Score _____

Scoring Key

10-22 Not ready

23-32 Coachable, as long as there is an honest dialogue with coachee about their commitment to the coaching relationship/agreement (roles, responsibilities, expectations and desired results/outcomes).

33-42 Coachable, leverage the opportunity to be coached. Explore coaching relationship options (Manager, HR, hire a coach).

43-55 Very coachable maximize your coaching relationship and ask your coach to ask a lot from you!

To discuss results contact Carol Heady at 845-226-8047.