

Client Coachability Index

Circle the number that comes closest to representing how true the statement is for you right now. Then, score yourself using the key at the bottom of the page. Your coach needs for you to be at the place in life where you are coachable. This test helps him/her – and you – discover how coachable you are, right now. How coachable are you?

RATING					STATEMENT
NO	MAYBE	YES			
1	2	3	4	5	I can be relied upon to be on time for all calls and appointments.
1	2	3	4	5	This is the right time for me to accept coaching.
1	2	3	4	5	I am fully willing to do the work and let the coach do the coaching.
1	2	3	4	5	I will invest the necessary time and practice to create new behaviors.
1	2	3	4	5	I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.
1	2	3	4	5	I will speak straight (tell what's really true) to the coach.
1	2	3	4	5	If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it and ask that I get what I want and need from the relationship.
1	2	3	4	5	I am willing to eliminate or modify the self-limiting behaviors which limit my success.
1	2	3	4	5	I have adequate funds or corporate support for coaching. I view coaching as a worthwhile investment in my professional life.
1	2	3	4	5	I am someone who can share the credit for my success with the coach.
_____					TOTAL SCORE (add up all numbers)

Scoring Key

- 10 - 20 Not coachable right now
- 21 - 30 Coachable, but make sure ground rules are honored!
- 31 - 40 Coachable
- 41 - 50 Very coachable; ask the coach to ask a lot from you!

What did you learn about your readiness for coaching?

What is one action to take to act on this knowledge?

For a Free 30 coaching session contact Cynthia @ 1-877-60-COACH or cynthia@smart2smarter.com