

COACHING READINESS SELF-ASSESSMENT

If you are thinking about working with a coach, it's important to ask yourself if you are really ready. This self-assessment is designed to help you determine if you are prepared to make that commitment. Use the rating scale below, and record your response to each statement. When you are finished, add up each column from top to bottom and record the number below. Then combine the numbers from all five columns to get your final score.

	Strongly Disagree	Disagree	Not Sure	Agree	Strongly Agree
	1	2	3	4	5
I am ready to take the actions necessary to accomplish my dreams and goals.	☐	☐	☐	☐	☐
I am ready and open to exploring self-limiting beliefs that may be holding me back.	☐	☐	☐	☐	☐
I believe becoming more self-aware is important to my development.	☐	☐	☐	☐	☐
I understand the power to change lies within me and I am responsible for implementing the insights and strategies discovered during my coaching sessions.	☐	☐	☐	☐	☐
I understand the more I put into my coaching sessions, the more I'll get out.	☐	☐	☐	☐	☐
I understand that in coaching, the "client does the work," not the coach.	☐	☐	☐	☐	☐
I recognize the value of coaching and see it as an investment in my own growth and happiness.	☐	☐	☐	☐	☐
I can commit to keeping my scheduled appointments with my coach, even if it means having to reschedule an appointment.	☐	☐	☐	☐	☐
I have the time and financial resources to commit to coaching.	☐	☐	☐	☐	☐
Column Total					
Final Score (Add column totals together)					

Your Score	Assessing Your Results
35-45	Congratulations! It sounds like you are focused and ready to engage a coach. Keep an open mind and put in the work. Remember change does not happen overnight, so be patient with yourself. Let's connect and discuss next steps. Book your free 30 meeting discovery session below.
25-34	Coaching would likely be very valuable for you at this time. You are willing to be open to trying new ways of doing things. Your ability to focus and stay engaged will determine how well you do. Remember a coach is there to help hold you accountable, so following through on action items will be critical to your success. Contact us today to discuss your options. Book your free 30 meeting discovery session below.
15-24	Coaching may or may not be appropriate for you at this time. Go back and look at your lowest scores. Can you identify what is holding you back from making the most of working with a coach? Working with a coach can be an eye-opening experience, so it helps to make sure that you are in the right mindset. Contact EGC and let's explore how you can improve your readiness score. Book your free 30 meeting discovery session below.
0-15	Coaching is probably not appropriate for you at this time. Perhaps there are other ways to learn and grow that you should be focusing on. Remember, it's the journey not the destination. We encourage you to take a step back and revisit this another time. If you have questions, please contact us.

Book your free 30 min discovery call with
Everyday Greatness Coaching today!