

CLIENT COACHABILITY ASSESSMENT

How coachable are you?

BOLD the number which comes closest to representing how true the statement is for you. This assessment helps discover how coachable you are, right now. (1=less true; 3=more true)

1.	This is the right time for me to engage in personal and professional growth and development.	1	2	3
2.	Working with a professional coach is a proactive step that I'm ready for.	1	2	3
3.	I commit to being on time and prepared for all calls and appointments.	1	2	3
4.	I agree to do the work and complete the exercises.	1	2	3
5.	I am completely willing to let the coach do the coaching.	1	2	3
6.	I am 100% committed. I keep my word and follow through.	1	2	3
7.	I am willing to apply new concepts and engage in different ways of learning and creating shifts to enhance my growth.	1	2	3
8.	I will speak honestly to the coach, telling the whole truth.	1	2	3
9.	If I feel that I am not getting what I need from coaching, I will share this as soon as I sense it and ask for what I want and need from the coaching relationship.	1	2	3
10.	I am willing to recognize, interrupt, and change the self-imposed limitations, beliefs, and behaviors which limit my growth and success.	1	2	3
11.	I will communicate and express myself. I'll say what is working and what needs to work better	1	2	3
12.	I am willing to seek additional resources, if needed.	1	2	3
13.	My commitment is to design my life with the guidance of a coach.	1	2	3
14.	I see coaching as a valuable investment for my present and my future.	1	2	3
15.	I have the funds to pay for coaching.	1	2	3

Total: _____

SCORING:

- 38–45 Very coachable
- 31–37 Coachable
- 24–30 Somewhat coachable
- 15–23 Right now—not coachable

Client

Date

Coach

Date