

Coaching Receptivity Indicator

Are you ready for coaching?

Please circle the number that corresponds to your current reality. Once you are finished, calculate the total of your circled responses. To maximize results and focus on your vision, you must be receptive to coaching. This exercise will help you and your coach determine whether it is the right time to start.

Less true				Very true	
1	2	3	4	5	I am ready to do the work and to let the coach do the coaching.
1	2	3	4	5	I am open minded and ready to try new concepts and different ways of doing the things that the coach will suggest in order to evolve.
1	2	3	4	5	I keep my word without fighting.
1	2	3	4	5	I am honest and frank with myself and the coach concerning my current reality and in all our communications.
1	2	3	4	5	I am ready to eliminate or modify any behaviour that may limit my success.
1	2	3	4	5	If I feel that I am not getting what I need from this relationship or that the coach does not fulfill my needs, I will share this feeling immediately and clearly ask for what I need and want.
1	2	3	4	5	You can count on me to be punctual in my preparation, to my coaching sessions and in my payments.
1	2	3	4	5	I see coaching as an investment in my life.
1	2	3	4	5	I can share the merit of my success with my coach.
1	2	3	4	5	This is the right time for me to be coached.

Total (add up all your scores)

Scale

10-20	Not ready right now for coaching; what is keeping you from committing?
21-30	Ready for coaching but make sure that you are ready to follow the basic rules of the coaching agreement!
31-40	Ready for coaching; what will be your next step?
41-50	Very ready for coaching! When would you like to start and who would be your ideal coach?