



Coaching Readiness Quiz

Take this simple assessment and find out if this is the right time to be coached. Does this sound like how you think? Select YES, “this is what I think” or NO “this isn’t what I think”, for each statement. There are no right or wrong answers only what you think about your life.

Since you will not be sharing this Quiz with anyone, be honest and candid with your responses.

YES NO Questions:

- YES NO I am open to finding out what a coach can do for me, my career, and my life.
- YES NO This is the right time in my life to work on improving myself inside and outside of work.
- YES NO I am surprised when I get negative, critical feedback.
- YES NO I need to find time to take care of my body and my health.
- YES NO I want to know how I can be better as an employee, friend, spouse, etc.
- YES NO Other people tell me only what I am willing to hear. No one tells me the truth.
- YES NO I’m stuck where I am in my career.
- YES NO I want to be perfect.
- YES NO I want to make changes in my life.
- YES NO I look forward to going to work each day.

After completing the Coaching Readiness Quiz, count your YES responses. If you said YES to **6 or more statements**, this may be the best time for you to consider coaching.