



## Coachability Index

Growth, development and change are hard work. To invest the time and resources into a coaching relationship, you need to be in the right place and time for it to be effective. It's okay if now is not the time. To make a baseline assessment of your readiness and to perhaps uncover your initial hesitations, please complete the following survey.

For each statement, place an "X" in the box most true for you.

Less True					More True	Statement
1 point	2 points	3 points	4 points	5 points		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This is the right time for me to take advantage of leadership coaching.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I believe that partnering with a competent coach can expedite results.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am willing to "try on" new concepts or different ways of doing things.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am willing to stop or change behaviors that limit my success.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I will speak straight (tell the whole truth) to the coach.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am interested in knowing how others perceive me.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I see coaching as a positive way to achieve success in my career.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I want to maximize my leadership capabilities.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am willing to set goals and take actions to achieve them.	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can be relied upon to keep my coaching appointments.	
					= [Total of all columns]	

In the last (blank) row, add the points from each column for a total column score (column 1 scores = 1 point each; column 2 scores = 2 points each; etc.); then add each column total for a final score. We will discuss the outcome in our first conversation.