

Golden Career Strategies

Examining Your Potential Barriers to Coaching

Please fill out and email it to stacey@goldencareerstrategies.com

For coaching to be truly effective, you need to be at a place in life where you are coachable. This form helps identify how coachable you are right now. Read each statement below and select the number closest to representing how true the statement is for you right now. Score yourself using the key at the bottom of the page. Please share your results with your coach.

True	1 = Least True					5 = Most				
1. I can be relied upon to be on time for all calls and appointments.	1	2	3	4	5					
2. This is the right time for me to accept coaching.	1	2	3	4	5					
3. I am fully willing to do the work and allow my coach to do the coaching.	1	2	3	4	5					
4. I keep my word without struggling or sabotaging.	1	2	3	4	5					
5. I'll give my coach the benefit of the doubt and "try on" new concepts or different ways of doing things.	1	2	3	4	5					
6. I will speak truthfully to my coach.	1	2	3	4	5					
7. If I feel that I am not getting what I need or expect from my coach, 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	4	5					
8. I am willing to eliminate or modify the self-defeating behaviors that limit my success.	1	2	3	4	5					
9. I have adequate funds to pay for coaching and see coaching as a worthwhile investment in my life.	1	2	3	4	5					
10. I am someone who can share the credit for my success with my coaching network.	1	2	3	4	5					

TOTAL SCORE (add up all of the selected circles)

SCORING KEY

- 10 – 20 Not coachable right now
- 21 – 30 Coachable - if committed
- 31 – 40 Coachable - expect good results!
- 41 – 50 Very coachable!

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