



Partnering for:
Inspiration,
Motivation &
Achievement

Coaching Readiness Evaluation

The purpose of this evaluation is to allow you to see if you are ready for coaching. In order for coaching to succeed, certain attitudes and beliefs on the part of the client are vital. A willingness to change and/or grow is a fundamental building block. For example, a boss may assign an employee to a coach. If the employee is reluctant, the odds for success are slim.

Understanding that Rate the following statements on a scale of one to five, with five meaning you strongly agree and one reflecting your strong disagreement with the statement. Total your scores and refer to the chart that follows to determine your readiness for coaching.

_____ I recognize that outside of God, I am the expert on me.

_____ I am not under any duress to enter coaching.

_____ I have read and understand Propel Coaching's "What is Coaching" article, or some other related material...I know what coaching is.

_____ I am not currently in counseling.

_____ I am not merely curious about coaching. Rather, I have either read or heard about great coaching results from a trusted resource.

_____ I am unaware of any personal problems or behavioral issues that might interfere with coaching.

_____ I have a strong desire to change/grow in an important aspect of my life.

_____ I have a strong vision (goals) for my future but somehow cannot obtain them; OR I desire to find a strong vision, sense of purpose and goals for my life.

_____ I have been attempting to grow/change, or achieve a particular goal for which I am seeking coaching, within the past year.

_____ I am open to partnering with my coach in order to see things from a different perspective.

_____ I am aware of the differences between coaching and counseling, mentoring or consulting.

_____ I am willing to be accountable to my coach (or other qualified individual).

_____ I am open to learning from other individuals.

_____ I am reasonably capable of committing to regular meetings with my coach.



_____ I am willing to focus on the future.

_____ I am willing to invest time learning by studying books, watching DVDs, attending seminars (where reasonable), educate myself or take other training as necessary to meet my goals in coaching.

_____ I am willing to make necessary changes to my life where needed.

_____ Truth, even if it hurts, is always my friend.

_____ I am willing to go through a deep process of self-discovery and accept my findings.

_____ I want to find a coach whose credentials and areas of specialization fit my goals/needs.

_____ Total Score

91 - 100 Fully ready for coaching success.

81 - 90 The odds of coaching success are extremely high for you.

71 - 80 There are good odds that coaching will work for you.

61 - 70 I would suggest you explore coaching very carefully.

51 - 60 Coaching will probably not work for you.

50 & below You are not ready for coaching. Save your money and your time

Additionally, if you are presently in counseling, you should have a deep conversation with your potential coach about your readiness for coaching. Unwillingness to commit to a regular schedule and/or accountability can also single-handedly hamper coaching success.

Whatever your score, may God bless you on your journey.

Please feel free to check out our [advanced coaching page](#).