

## Client Coachability Assessment

Coaching enables individuals to achieve a positive and lasting change by increasing their capacities to be resourceful and improve and advance their careers and the knowledge to live a healthier and more prosperous life. **It is a two-way relationship between coach and client, and client readiness to have the desire to be in this journey is crucial to create more possibilities and reach the desired outcome.** For the both parties to receive the most valuable experience, please complete this assessment by circling the number that comes closest to representing how true the statement is for you right now.

Please consider 1 as the least true and 5 as the truest.

1 2 3 4 5	I see value in working with a coach.
1 2 3 4 5	I am ready to address some needed changes in my life.
1 2 3 4 5	I am willing to be honest with my coach about my challenges and areas of growth.
1 2 3 4 5	I am fully willing to be coached, knowing the purpose is not about receiving advice, mentoring, or consulting.
1 2 3 4 5	If I am not getting value from being a client, I know I will immediately share this with my coach, so adjustments are made.
1 2 3 4 5	I have time in my schedule to be coached every other week for one hour.
1 2 3 4 5	I can be relied on to be on time for all the coaching appointments.
1 2 3 4 5	I am willing to suspend any disbelief I have about myself or others.
1 2 3 4 5	I am willing to try new things or try new ways of thinking.
1 2 3 4 5	I feel responsible for my current situation.
1 2 3 4 5	I do not constantly blame others.
1 2 3 4 5	I have adequate funds for coaching and will not regret the fee.

Your total score \_\_\_\_\_

- 10-20            This is not the right time for me to work with a coach.
- 21-30            I need a lot of ground rules to be successful as a client.
- 31-40            This is a good time for me to experience coaching.
- 41+              I am ready to be coached with objectives and readiness for change.