



Coaching Readiness Checklist

A primary factor that influences the effectiveness of coaching is your readiness to be coached. In other words, coaching is not a learning strategy that will be effective for everyone at every stage of their life or career. The following statements are designed to serve you in determining if this is the right time for you to engage in the services of a coach.

Self-Assessment

On a scale of Low to High Readiness, ask yourself to rate your current state of readiness in relation to each of the following:

1. *I anticipate that I will derive value from coaching*
2. *My level of motivation for change and development is*
3. *I am willing to collaborate and build rapport with my coach*
4. *I am willing to engage in honest and candid conversation*
5. *I believe that exploration of different ways of thinking and/or seeing is beneficial*
6. *I want to hear frank feedback designed to support my development*
7. *I am willing to experiment with new behaviors and approaches*
8. *I am willing to invest time in working with a coach and engaging in related development assignments between coaching sessions*
9. *My level of commitment is*

Low to Medium Readiness?

Overall, if your results suggest that your coaching readiness is low to medium, it is unlikely that the coaching process will yield the results that you desire at this time.

High Readiness?

If your coaching readiness is high, consider the following as possible next steps:

Is this the right learning strategy for you to engage in at this time? Yes ____ No ____

What questions about the process and/or information do you need to enhance your readiness to participate?

Does anything need to change in order to raise your coaching readiness? If yes, this may be the first topic to consider bringing to your coaching.

More Info?

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