

Coaching Readiness Self Assessment

Name: _____

Date: _____

Coach: Amy Yontef, MA, CPC, CYPFC

For each question below, circle the number to the right that best fits your opinion. Don't worry, there are no "good" or "bad" answers. This is just to help you and your coach assess whether this is the right time for you to enter into a professional coaching engagement.

Questions	Strongly Disagree 1	Disagree 2	No Opinion 3	Agree 4	Strongly Agree 5
I believe I am capable of having a life I truly deserve.					
I am open to doing things in new and different ways to be successful.					
I am known for my courage, loyalty, integrity, and work ethic.					
I am an optimistic person.					
I am completely accountable of the results I produce.					
I have a clear view of where I am and where I want to go in life.					
I work well with others.					
Creating and sustaining relationships builds strength.					
I live my life true to my values.					
I am willing to take the lead on issues that are important to me.					



Questions	Strongly Disagree 1	Disagree 2	No Opinion 3	Agree 4	Strongly Agree 5
I know I have unrealized potential.					
I am able to work outside of my comfort zone.					
I have people in my life committed to my success.					
I want a very high quality of life.					
I am a person that you can rely on.					
Money is not the highest priority in my life.					
I am strongly committed to personal development.					
I am able to bounce back from setbacks.					
I am open to and welcome the contributions of others.					
I am at a point in my life where I am ready to work on personal issues as they relate to my family.					
I am prepared to tackle the tough issues to close the gap between where I am now and where I want to be.					
I am open to new ideas and new ways of doing things to facilitate positive change and personal growth.					
I am looking for a partner who can share my success and help me cope with my challenges.					



Questions	Strongly Disagree 1	Disagree 2	No Opinion 3	Agree 4	Strongly Agree 5
My coach can count on me to be honest in all cases.					
I understand that in coaching, the “client does the work” not the coach.					
I am in need of additional tools, resources, or concrete approaches to a variety of personal and parenting challenges.					
I am prepared to devote the time needed to make coaching work, including time for sessions and homework between sessions.					
*There is something out of the ordinary going on in my personal life that might negatively affect my ability to work with a coach.					
I believe this is the right time for me to engage in coaching.					
I believe I can be direct and engage in “straight talk” with my coach. Ex. Say what is really true for me.					
I can be relied upon to be on time for my schedule coaching calls and appointments as well as be prepared.					
I am committed to making the investment in my future.					
I believe I can give the coach the benefit of the doubt and try on new ideas and different behaviors.					



If you selected 3,4, or 5 to any item marked with an (), coaching may not be the right fit at this point in time. Please discuss this with your coach to determine if proceeding into a formal coaching agreement should be pursued at this time.

Add up your ratings for each and record the total in the space provided.

Total: _____

Now what does it all mean???

Below are some general indicators or “readiness” for coaching. You and your coach should review and discuss these results. Remember, this is NOT a test. There are no right or wrong answers. This is simply to help assess your readiness for change. More importantly than the score, are the insights gained from your experience or completing this activity and the conversation you will have with yours coach on the decision to move forward together in coaching.

Total Score	Readiness for Coaching
34-68	This may not be the best time to engage in coaching.
69-102	This may be a good time for you to engage in a coaching relationship, however it will be important to define ground rules and strive to honor them.
103-136	This score suggests that you are ready for coaching support and goal attainment.
137-170	This score suggests that you are “very coachable” - take advantage of your potential by asking your coach to “set the bar high” for you.

