



COACHABILITY QUIZ

For coaching to be effective, a person needs to be coachable. Most people think they are coachable, but they relate to coaching like it's good advice. Take this simple quiz to test your coachability.

How true are the statements below for you? Score each statement from 1 to 5. (Less 1 2 3 4 5 More)

- _____ 1. I can be relied upon to be on time for all calls and appointments.
- _____ 2. I am fully willing to do the work and let the coach do the coaching.
- _____ 3. I keep my word to myself and others without struggle or sabotage.
- _____ 4. I give the coaching the benefit of the doubt and "try on" new concepts or different ways of doing things.
- _____ 5. I speak straight (tell the whole truth) to the coach.
- _____ 6. If I feel I'm not getting what I need or expect from my coach, I tell the coach immediately.
- _____ 7. I am willing to stop or change the self-defeating behaviors that limit my success.
- _____ 8. Coaching is a valuable investment in my life.
- _____ 9. I'm committed to producing result that are critically important to me.

_____ **TOTAL**

SCORING KEY

- 9 - 18** – Not coachable at this time
- 19 - 27** – Somewhat coachable
- 28 - 36** – Moderately coachable
- 37 - 45** – Very coachable