

Readiness for Coaching Questionnaire

Are you ready for Coaching?

Please provide your responses to the following statements: 1 (strongly disagree) to 5 (strongly agree).
Mark your choice with an X.

Statement	Score				
1. Are you open to doing things in new and different ways in order to be successful?	①	②	③	④	⑤
2. Do you believe you are capable of having a life, and career that you truly desire?	①	②	③	④	⑤
3. Are you known for your loyalty, integrity, courage, and work ethic?	①	②	③	④	⑤
4. Are you an optimistic person?	①	②	③	④	⑤
5. Do you have a clear view of where you are and where you want to go in your life?	①	②	③	④	⑤
6. Do you believe creating and sustaining relationships build strength?	①	②	③	④	⑤
7. Do you think you have unrealised potential?	①	②	③	④	⑤
8. Do you have people in your life committed to your success?	①	②	③	④	⑤
9. Do you want a high quality of life?	①	②	③	④	⑤
10. Is producing quantifiable results important to you?	①	②	③	④	⑤
11. Are you able to bounce back from setbacks?	①	②	③	④	⑤
12. Are you willing to commit time and money?	①	②	③	④	⑤
13. Are you willing to be open and honest about how you feel?	①	②	③	④	⑤
14. Are you a reliable person?	①	②	③	④	⑤
15. Are you open to the contribution of others?	①	②	③	④	⑤
16. Are you willing to take action right now?	①	②	③	④	⑤
17. Do you think it would be beneficial to have a sounding board?	①	②	③	④	⑤
18. Are you willing to be held completely accountable for your actions/inactions?	①	②	③	④	⑤
19. Are you ready to move and think outside of your comfort zone?	①	②	③	④	⑤
20. Are you committed to achieving the goals you have set for yourself?	①	②	③	④	⑤

Work out your results!

Add up your scores to find out how ready *you* are for Coaching!

What does it mean?

Scoring:

100 – 75	Excellent candidate for coaching; could see very good results.
75 – 50	Good candidate for coaching; could see good results.
50 – 25	Would benefit from coaching if willing to address hard issues; could see best results.
25 – 0	Not yet a good candidate for coaching; needs to address commitment to personal success.