

Client Coachability Index

How coachable are you?

Client Instructions: Check the number that comes closest to representing how true the statement is for you right now, then score yourself using the key at the bottom of the page. I need for you to be at the place in life where you are coachable. This test helps me—and you—discover how coachable you are!

less true - more true

statement

1 2 3 4 5

I can be relied upon to be on time for all calls and appointments.

This is the right time for me to accept coaching.

I am willing to do the work and let the coach do the coaching

I keep my word without struggling or sabotaging.

I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things.

I will speak straight (tell the whole truth) to my coach.

If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it and demand that I get what I want and need from the relationship.

I am willing to stop or change any self-defeating behaviors that limit my success.

I have adequate funds to pay for coaching and will not regret or suffer about the fee. I see coaching as a worthwhile investment in my life.

I am someone who can share the credit for my success with my coach.

Total Score (add up all the numbers)

Scoring Key

10 – 20 Not coachable right now!

21 – 30 Coachable, but I will make sure ground rules are honored!

31 – 40 Coachable!

41 – 50 Very coachable, ask me to demand a lot from you!

