



Coaching Readiness Assessment

Birch Rise
COACHING

COACHING READINESS ASSESSMENT

To discover if you or your team is ready for coaching, rate yourself on a scale of one to five on each of the statements below. **(1 = disagree to 5 = strongly agree)**

Your score will help determine your coaching readiness. Share this with your team members and help them determine their readiness for coaching.

- I have a strong desire to change. _____
- I am ready to be punctual with appointments. _____
- I am not intimidated by new ideas or perspectives. _____
- I am open and teachable when receiving help from others. _____
- I am honest in self-assessment and appreciate honesty in others. _____
- I am ready to be held accountable for my results. _____
- I am ready to work through my self-limiting beliefs and behaviors. _____
- I am willing to consider failure as a key ingredient for growth. _____
- I am willing to be challenged and do the hard work that will result in growth. _____
- I am ready to do things differently. _____
- I am ready to invest the necessary finances to better myself. _____
- I am ready to invest intentional time for personal growth. _____

Total Score _____

SCORING KEY

10-22 Not ready.

23-32 Coachable. For coaching to work there must honest dialogue between the coach and coachee. A solid commitment to the coaching relationship will help and a good understanding of roles, responsibilities, expectations and desired outcomes.

33-42 Coachable. Now is a good time to leverage the opportunity to be coached.

43-55 Very coachable. You will receive excellent results from a coaching relationship.

Maximize your time by asking your coach to require a lot from you!

Visit birchrise.com to book a free discovery call and discuss your results.