



# 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](http://birchrise.com) to book a free discovery call and discuss your results.