Pre-Coaching Self-Assessment

Use the following self-assessment to get an idea of how ready you are to benefit from coaching. Circle the number that comes closest to representing how true the statement is for you right no. Then, score yourself, using the key provided.

Less More	Statement
1 2 3 4 5	I have goals, skills, or learning projects I want to achieve.
1 2 3 4 5	I could use an honest, outside perspective.
1 2 3 4 5	I don't have time to learn all I need to learn on my own.
1 2 3 4 5	I lack clarity, and there are choices to be made.
1 2 3 4 5	I need some additional support in reaching my goals.
1 2 3 4 5	I'm ready to commit some thought and time to my development.
1 2 3 4 5	A big stretch is being asked or required, and it is time sensitive.
1 2 3 4 5	I could use someone to help me focus, challenge me, and hold me accountable to my commitments and dreams.
1 2 3 4 5	I desire to accelerate results in my life and profession.
1 2 3 4 5	My work and personal life are out of balance and I don't like the consequences.
1 2 3 4 5	I could use more energy-giving relationships in my life.
1 2 3 4 5	I'm willing to make changes to have the life I want.
_____	**Total Score** (add up all the numbers)

(Go to the next page for scoring key only after you have completed the self-assessment).

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Scoring Key

Are you ready for coaching?

This is only a guide. You are the only one who can say, “I’m ready.”

60 – 48	Very ready, ask the coach to ask a lot from you!
47 – 36	Ready for coaching.
35 – 24	Ready, but make sure the ground rules are honored!
24 – 12	This may not be right time for you to be coached.

I hope you are ready to be empowered through life coaching.

I look forward to hearing from you.

Stuart Simpson

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