

CLIENT COACHABILITY INDEX

Please read through the statements below then circle the number, which comes closest to representing how true the statement is for you right now. This test will help both of us to design how we can work together best to support you in reaching your objectives.

LESS TRUE					MORE TRUE	STATEMENT
1	2	3	4	5		I can make and keep appointments with myself and with others to work on this material, including coaching calls/sessions.
1	2	3	4	5		I keep my promises with little or no struggle or sabotage.
1	2	3	4	5		I have time to invest in myself and in my commitments.
1	2	3	4	5		I am fully willing to do the work to get to where I want to go.
1	2	3	4	5		I am fully willing to let the coach do the coaching.
1	2	3	4	5		I'll give the coach the benefit of the doubt and try new things, even when I am not sure they will work.
1	2	3	4	5		I will be open and honest, and tell the truth with my coach.
1	2	3	4	5		If I think I am not getting what I need or expect from the coach, I will let my coach know immediately and get it resolved.
1	2	3	4	5		I am willing to stop or change the self-defeating behaviours which limit or sabotage my success.
1	2	3	4	5		I have adequate funds to pay for coaching and will not regret or suffer about the fee.
1	2	3	4	5		I see coaching as a worthwhile investment in my life.
1	2	3	4	5		I am someone who is willing to share the credit for my success with the coach.
1	2	3	4	5		Coaching is the appropriate discipline for the changes I want to make (vs. therapy, recovery, etc.)
1	2	3	4	5		I have the patience to keep taking actions toward my goals, regardless of how immediate the results are.
1	2	3	4	5		I have the support I need to make significant changes in my life (i.e. family, friends, co-workers, company buy-in).

TOTAL SCORE (add up all numbers)

SCORE:

- 15 – 30** You are not coachable right now
- 31 – 45** You are coachable, but make sure ground rules are honoured
- 46 – 60** You are coachable
- 61 – 75** You are very coachable; ask your coach to demand a lot from you