

# ARENA GROUP

## COACHING & CONSULTING

### HOW COACHABLE ARE YOU?

Least true—Most true

1. I have situations or obstacles in my life that I definitely want to address.	1	2	3	4	5
2. I can allocate some of my time to the goal of getting what I want.	1	2	3	4	5
3. I have emotional energy available for coaching and change.	1	2	3	4	5
4. I can be on time for calls and appointments.	1	2	3	4	5
5. I can keep my word without conflict.	1	2	3	4	5
6. I want to learn how to change the unproductive behaviors which limit my success.	1	2	3	4	5
7. I can join with my coach in “trying on” new ways of doing things.	1	2	3	4	5
8. I can speak honestly and be completely candid with my coach.	1	2	3	4	5
9. I have sufficient funds to pay for coaching, and have learned enough about coaching to want to pursue it as a valuable investment in my future.	1	2	3	4	5
10. If I am not getting what I need from my coach, I can say so, and use coaching to clarify what I do want and need.	1	2	3	4	5

**Total score: Add up all circled items \_\_\_\_\_**

#### Scoring Key

- < 21 Not coachable right now.
- 21-30 Coachable, but make sure the ground rules are clear, and can be honored.
- 31-40 Coachable now, likely to succeed.
- 41-50 Very coachable. Ask your coach to demand a lot from you!