

S.O.S. Coachability Self Test

Respond to each prompt with a number 1, 3 or 5, as described below and add up your total:

1 - This statement is not true for me

3 - This statement is probably true for me / sometimes true for me

5 - This statement is definitely true for me

- After talking with Andrea I recognize the value of coaching and see it as an investment in my personal growth.
- I am able and willing to invest in coaching and to handle payment of my coaching fees in a responsible manner.
- I can be relied on to be on time for my coaching sessions.
- I accept that answers to addressing my challenges are within me and the role of my coach is to help me access those answers.
- I understand it is my coach's job to focus the collective attention of our partnership on my values, intentions, and goals and it's my job to commit to the coaching process.
- I am open to the idea of self-discovery and building awareness as a first step in creating the change I am seeking.
- I am open to noticing perspectives I currently hold, considering new perspectives and trying on new more supportive perspectives.
- I look forward to taking actions necessary to move myself forward and change behaviors that don't serve me.
- I am willing to reflect upon what I'm learning in coaching and to create an Owner's Manual to support me during the coaching process and after the coaching process concludes.
- After talking with Andrea I understand that coaching is a co-created relationship and that transparent, open and honest communication is at the heart of that relationship.

Scoring:

0 - 19 Coaching is probably not the best option for me at this time

20 - 37 Coaching may be appropriate for me and I may benefit from discussing further with Andrea

38 - 50 Coaching would likely benefit me at this point in my life