

DETERMINE HOW COACHABLE YOU ARE

Determining how coach-able you are

Coach-ability has to do with being able, at this time, to use the coaching process to discover and act upon becoming fully who you are.

<i>Coach-able factor</i>	<i>Yes/No</i>	<i>To what degree</i>
Vision: Do I believe that I am not living my dreams/aspirations fully and am ready to do something about it?		
Dreams and Goals: Do I have goals, hopes, and dreams worth changing for?		
Environment: Does my social environment (relationships) support my personal growth and development at this moment?		
Openness: Am I open to change, learning and personal development?		
Committed to growth: Am I committed and invested in my own development, learning and change?		
Hungry for transformation: Am I hungry for making a dramatic change or transformation?		
Response-able for own results: Do I believe that only I can take responsibility for my change and transferring what is learned into action for change.		
Feedback openness: Am I open and responsiveness to observations of others in receiving feedback?		
Dealing with reality: Do I have sufficient inner strength at the moment for facing reality as it is?		
Relationship readiness: Am I ready and able to enter into the interpersonal connectedness associated with a coaching relationship that will put demands on my energy, time, and effort?		
Vulnerable: Am I ready and able be open and responsive and to make myself vulnerable to another?		
Self trust: Do I believe that I have the inner wisdom and resources to change?		
Commitment: Do I have the commitment to stay with the coaching process, even in difficult times?		