

# **INSIDE JOBS**

## **COACHING COMPANY**

Focusing on Your Success

### **Are You Coachable?**

**Directions:** Read the questions below and note how true the statement is for you. Then score yourself using the key at the bottom of the page.

**Scoring:** Score each of your answers with one of the five options listed below:

1. Not true
2. Less true
3. Not sure
4. Mostly true
5. True

#### **How True Are These Statements?**

1. I am open and honest with myself and others, and always keep my word.
2. I take responsibility for my behavior and what happens in my life.
3. I'm willing to take action and make changes to move forward and improve my business and/or my life.
4. I'm open to trying new ideas, doing the work, and letting the Coach do the coaching.
5. I am willing to communicate fully with my Coach, letting her know who I am, what I expect and what I need.
6. I will be punctual for our scheduled appointments and will call ahead to reschedule if necessary.
7. I see Coaching as a worthwhile investment in my life at this time.
8. I will come to our scheduled calls focused and ready to work.
9. I'm excited about my future and where I will go with my Coach.
10. I believe this is the right time for me to begin Coaching.

**TOTAL SCORE** (add up the numbers)

#### **SCORING KEY**

- 10 - 20 Not Coachable right now.  
21 - 30 Coachable, but more willingness would facilitate faster growth.  
31 - 40 Coachable.  
41 - 50 Very Coachable. Hire a Coach and request that they ask a lot from you!

If you score over 31, please email me at [sandy@insidejobscoach.com](mailto:sandy@insidejobscoach.com) to set up a Complimentary Coaching Session! I look forward to hearing from you soon.