



## AM I COACHABLE?

### Test yourself!

Answer the questions and see how coachable you are. It will only take a tick!

Just mark the numbers that are applicable. Between **1**: does not apply, and **5**: applies fully.

- |   |   |                  |
|---|---|------------------|
| 1 | I am prepared to be open and honest.  | 1 2 3 4 5        |
| 2 | I am prepared to invest in coaching( time and money)  | 1 2 3 4 5        |
| 3 | I am prepared to stick to agreements we make.   | 1 2 3 4 5        |
| 4 | I know what my tasks are and what those of my coach are and am prepared to keep me and my coach to those. | 1 2 3 4 5        |
| 5 | I am prepared to try out new concepts and ideaas.   | 1 2 3 4 5        |
| 6 | I am prepared to change.  | <u>1 2 3 4 5</u> |

### TOTAL SCORE:

Add up your score and return to your coach



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