



HOWATT
HR CONSULTING INC.

Introduction to Coaching

Are You Coachable?

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Are You Coachable?

Instructions: Pick the number that comes closest to representing how true the statement is for you right now. Then score yourself, using the key at the bottom of the chart. With this test, you will discover how coachable you are right now.

Rate your answer from one to five in the column at right.

I want to improve my life, so I can take better care of my family, staff, and myself.	
I will "try on" concepts or different ways of doing things, I am open to personal growth.	
This is the right time for me to make changes and accept coaching.	
I am willing to stop or change the self-defeating behaviors that limit my success.	
I will keep my word on my agreements and follow through.	
I am willing to work with a great coach.	
I am fully willing to do the work and let the coach do the coaching.	
If I feel that I am not getting what I need or expect from the coach, I will share this as soon as I sense it, and be forthright that I get what I want and need from the coaching relationship.	
I can share the credit for my success with my co-workers and my coach.	
Total Score (add all numbers)	