

## **Coaching Readiness Quiz**

## Please answer these questions to assess individual "readiness" for coaching.

| I am at a point in my life where I am ready to work on personal or leadership areas.   | YES | NO<br>□ |   |
|--|-----|---------|---|
| I am prepared to tackle the tough issues to close the gap between where I am now and where I want to be.   |     |         |   |
| I am open to new ideas and new ways of doing things to facilitate positive change and growth.  |     |         |   |
| I want relevant concepts and skills that help me address strategic issues and/or immediate concerns.   |     |         |   |
| I am looking for a partner who can share my successes and help me with my challenges.  |     |         |   |
| I can commit to keeping my regularly scheduled appointment with my coach, even if it means having to reschedule an appointment.                                      |     |         |   |
| My coach can count on me to always tell the truth, even when it is difficult to the coach or to me.  |     |         |   |
| I understand that in coaching, the "client does the work," not the coach.  |     |         |   |
| If something is not working in my relationship with my coach, I will let<br>my coach know immediately so we can immediately take action to<br>improve the situation. |     |         |   |
| I want additional tools, resources, or concrete approaches to a variety of challenges.   |     |         |   |
| I am prepared to devote the time needed to make coaching work, including time for meetings and homework in between   |     |         |   |
| There is something out of the ordinary going on in my work and or personal life that might negatively affect my ability to work with a coach.                        |     |         | I |

## If you answered "Yes" to the flagged question, coaching may not be the right fit now.

Sources: Coleman, David (2008). "A Leader's Guide to Executive Coaching," Nonprofit Quarterly, Spring, 2008, pp. 30-37, CompassPoint Nonprofit Services Coaching Referral Service, The Coaching and Philanthropy Project is funded by W.K. Kellogg Foundation, The Harnisch Foundation, James Irvine Foundation, David and Lucile Packard Foundation, and Evelyn and Walter Haas, Jr. Fund. © 2010 CompassPoint Nonprofit Services, www.compasspoint.org/coaching