



Executive's Coachability Index

Circle the number that most closely represents how true the statement is for you right now. Then score yourself, using the key provided—**with 1 being low and 5 meaning nearly always**. As your coach, I need you to be at the place in life where you are coachable. This assessment helps me—and you—discover how coachable you are, at this time. Find out now: how coachable are you?

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|-----------|---|
| 1 2 3 4 5 | I am reliable to be on time for all calls and appointments. |
| 1 2 3 4 5 | This is an ideal time for me to enroll in coaching. |
| 1 2 3 4 5 | I understand the coach coaches and the work is up to me. |
| 1 2 3 4 5 | I keep my commitments without objecting or making excuses. |
| 1 2 3 4 5 | I am willing to try new concepts and ways of doing things. |
| 1 2 3 4 5 | I will be candid, forthright and respectful toward my coach. |
| 1 2 3 4 5 | I am willing to eliminate or modify self-defeating behaviors that limit my success. |
| 1 2 3 4 5 | If I feel I am not getting what I need or expect from the coach, I shall share this and ask for what I want and need from coaching. |
| 1 2 3 4 5 | I have adequate funding to pay for coaching and I see coaching as a worthwhile investment in my professional development. |
| 1 2 3 4 5 | I am a person who can share credit for my success with my coach. |

Total Score (add up all numbers)

Scoring Key

10-20 Not coachable right now.

21-30 Coachable, but make sure ground rules are honored!

31-40 Coachable

41-50 Very coachable; ask the coach to keep you challenged and accountable!

Based on Coachability Index provided by Coach University