



COACHING EXERCISE #14

Executive Coaching Readiness Index

How ready are you for coaching? Answer each question below to assess your overall readiness to begin working with a coach.

- How would I describe the gap between my “ideal self” and “real self”?
- What meaningful improvements and changes in the areas of my life where there are gaps and I willing to make?
- Am I willing to be an equal partner in the coaching process and commit the time needed for coaching appointments, completing assignments and creating a development plan to address my gaps?
- Am I willing to be on time for all coaching appointments as scheduled and to give adequate notice if rescheduling becomes necessary?
- Do I realize that I am responsible for my own progress and changes I make through the coaching process and that the benefits of coaching will be directly related to my willingness to take try new behaviors?
- Am I willing to be open and truthful with my coach and capable of hearing the truth even if it makes me feel uncomfortable?
- If I feel the coaching relationship is not working for me, will I being willing to share this with my coach and work toward a mutually acceptable solution?
- How confident am I that the coaching process will help me to address my skill gaps?
- What barriers, if any, might prevent me from being successful with my coach?
- What support, if any, do I need from others around me (e.g., boss, colleagues, family, partner, etc.)?
- Overall**, how ready am I to commit to the process of coaching at this time?