

Partnering for Change Wellness Coaching

Are you Coachable?

Are you ready for Personal Health and Wellness Coaching? The quiz below can help you decide if coaching is right for you right now and help you understand coaching.

Check the number which comes closest to representing how true the statement is for you right now. Then score yourself, using the key at the bottom of the page.

	1 Strongly Disagree	2 Slightly Disagree	3 Agree	4 Slightly Agree	5 Strongly Agree
1. I can be relied upon to be on time for all calls and appointments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. This is the right time for me to accept coaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I am fully willing to do the work and let the coach do the coaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I keep my word without struggling and sabotaging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I'll give the coach the benefit of the doubt and "try on" new concepts or different ways of doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I will speak straight (tell the whole truth) to the coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 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 demand that I get what I want and need from the relationship.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I am willing to stop or change the self-defeating behaviors which limit my success.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I see coaching as a worthwhile investment in my life. I have adequate funds to pay for coaching and will not regret or suffer about the fees.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I am someone who can share the credit for my success with the coach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total Score _____ (add up all numbers)

Scoring Key:

- 10-20 Most likely you are not ready to hire a coach. If you would still like to experience a trial session, the coach can make suggestions on what you can do to prepare yourself to begin the process of change.
- 21-30 Coachable, but make sure ground rules are honored.
- 31-40 You are almost there. During your trial session, you can work with the coach on areas that are getting in your way, and she will support you in removing those blocks so you can move forward and begin to create the change you want in your life.
- 41-50 You are ready to make the investment and hire a coach. Your commitment level is high and you will achieve much from working with a coach.

For a complimentary 30 minute coaching session, or to find out how HeartMath can help you de-stress you life, contact:

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