

When are you ready ... to be coached?

It's good to discover when the time is right for you to change now

There is something I want to work on or achieve in my life?	Yes	No
It's important to me to make and keep appointments?	Yes	No
I will create the time to invest in myself and in any homework and activities I agree to do with my coach?	Yes	No
I am willing to stop or change behaviours that interfere with my progress?	Yes	No
I think Coaching is right approach for me to achieve my goals and move on in my life	Yes	No
I am willing to 'try on' new things and different approaches even if I they are unfamiliar to me	Yes	No
I will work with my coach to design goals and actions steps?	Yes	No
I will be honest with my coach and give feedback on how the coaching is and what works best for me	Yes	No

Answered "yes" to all statements? – Congratulations you are ready for coaching