



CLIENT COACHABILITY INDEX

Circle the number that 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. Your coach needs for you to be at the place in life where you are coachable. This test helps him/her – and you - discover how coachable you are right now.

LESS TIME	MORE TIME	STATEMENT
1	2 3 4 5	I can be relied upon to be on time for calls and appointments.
1	2 3 4 5	I believe this is the right time for me to accept coaching.
1	2 3 4 5	I am fully willing to do the work and let the coach do the coaching.
1	2 3 4 5	I will invest the necessary time and practice needed to modify my behaviors.
1	2 3 4 5	I'll give the coach the benefit of the doubt and try on new concepts or different ways of doing things.
1	2 3 4 5	I will speak candidly (tell what's really true) to the coach.
1	2 3 4 5	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 ask that I get what I want and need from the relationship.
1	2 3 4 5	I am willing to eliminate or modify the self-limiting behaviors which restrict my success.
1	2 3 4 5	I have adequate funds or corporate support for coaching.
1	2 3 4 5	I intend to use coaching to make positive changes in my professional life.
_____		TOTAL SCORE (add up all the numbers)

SCORING KEY

- 10 – 20 Not coachable right now
- 20 – 30 Coachable, but make sure ground rules are set and honored.
- 30 – 40 Coachable
- 40 – 50 Very coachable – ask the coach for challenges!

To schedule a free 15 minute coaching session contact us at info@pwks.com.