

# Assessment Questionnaire: Readiness For Coaching



Please read each statement and record your level of agreement on the scale of 1 to 5.

1 = Strongly Disagree  
2 = Disagree  
3 = neutral

4 = Agree  
5 = Strongly Agree

- |                                                                           | 1 | 2 | 3 | 4 | 5 |
|---------------------------------------------------------------------------|---|---|---|---|---|
| 1. I have identified that things are not as I desire and I want to change |   |   |   |   |   |
| 2. I know that change may be uncomfortable and am willing to go ahead     |   |   |   |   |   |
| 3. I value myself & consider coaching fees as an investment in my future  |   |   |   |   |   |
| 4. I am motivated and committed to change                                 |   |   |   |   |   |
|                                                                           | 1 | 2 | 3 | 4 | 5 |
| 5. I am ready to change my behaviour                                      |   |   |   |   |   |
| 6. I am ready to change my beliefs                                        |   |   |   |   |   |
| 7. I am ready to accept feedback that may be challenging                  |   |   |   |   |   |
| 8. I will be totally honest with my coach                                 |   |   |   |   |   |
|                                                                           | 1 | 2 | 3 | 4 | 5 |
| 9. I commit to carrying out any action points agreed in a session         |   |   |   |   |   |
| 10. I respect the coaching process and will set aside the necessary time  |   |   |   |   |   |
| 11. I understand that I am doing the best I can now, but can do better    |   |   |   |   |   |
| 12. I accept I am responsible for my own learning                         |   |   |   |   |   |

13. Name

14. Email

15: Tel No,

**Thank you for taking the time to fill out the form - we hope to respond to your form within 2 working days**