

## Reid Ready® Coachability Assessment™

Select the number that best describes the degree in which the statement fits your current feelings. With 1 meaning does not fit your beliefs at all, and 5 meaning fits your beliefs very well. 3 = neutral - neither fits nor unfits your beliefs. Scores or answers are not wrong or right. This will be a very good experience to help you to understand your current level of coachability and if you can get immediate benefit from coaching.

QUESTIONS	5	4	3	2	1
1. I can be relied upon to be on time for all coaching sessions.					
2. There is nothing holding me back from experiencing coaching.					
3. I am fully willing and ready to do the work required to create change mentally, physically and/or situationally.					
4. I am ready to be open and honest about myself, my situation and/or my experiences.					
5. I am willing to put trust in my coach and partner with him/her/them to find a solution.					
6. I am willing and ready to try out new concepts, experiences, or ways of behaving and thinking.					
7. If I feel that I am not getting what I need, I am comfortable letting my coach know.					
8. I am willing to eliminate or reduce self-defeating behaviors and excuses that limit my success.					
9. I can pay for coaching and will not regret or suffer from investing in my coaching experience.					
10. I see coaching as a worthwhile investment in my personal and/or professional life.					

**Score Interpretations:**

- 10–20 Not coachable right now
- 21–30 Coachable, but with reservations or limits
- 31–40 Coachable
- 41–50 Very coachable

**Tally your score:**

1. If you scored 30 or less, what is stopping you from being coachable?

2. How can you develop a growth mindset - what can you do to become more coachable?

3. How do you think you can use this information to help you?