

Maximum Change

CHRISTIAN LIFE COACHING & COUNSELING

Maximum Change Coaching
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Coachability Assessment Index

To best be served in your coaching process, you will need to be at a place in your life where you are considered coachable. This assessment will help expose how coachable you are, right now. Circles the number, which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key provided at the bottom of the page.

Statement	Less				More
I can be on time for all calls and appointments with my coach	1	2	3	4	5
I am willing to do the work and let the coach do the coaching	1	2	3	4	5
I can keep my word without struggle	1	2	3	4	5
I have time to receive coaching	1	2	3	4	5
I am willing to try new concepts or different ways of doing things	1	2	3	4	5
I will always knowingly speak the truth to my coach – Transparency	1	2	3	4	5
I am willing to modify behaviors that may limit my success.	1	2	3	4	5
I have adequate funds to pay for coaching and will no regret or suffer about the fees. I see coaching as worthwhile	1	2	3	4	5
If I feel that I am not getting what I need or expect from my coach that I can share this as soon as possible as to correct it and keep the coaching relationship on course.	1	2	3	4	5
I am someone who can share the credit for my success with the coach.	1	2	3	4	5

(Add up all the numbers) **TOTAL SCORE** _____

SCORE KEY

- 10 – 20 Candidate is not coachable right now
- 21 – 30 Coachable, but make sure ground rules are honored!
- 31 – 40 Coachable
- 41 – 50 Very coachable, ask the coach to ask a lot from you!