



Coachability Questionnaire

- 1 – I see coaching as an excellent investment in my personal and professional development.
- 2 – I regularly seek, evaluate, and act upon input/feedback from others.
- 3 – I have a vision on what I want to achieve with effective coaching.
- 4 – I am willing to experiment with new ideas and ways of approaching problems.
- 5 – I believe in straight talk with my coach and expecting honest feedback.
- 6 – I am committed to learning as much as I can from each opportunity presented to me.
- 7 – I can be relied upon to do the agreed upon work between coaching sessions.
- 8 – I can identify several things I would like to change in my life.
- 9 – I am willing to do the work necessary to achieve my goals.
- 10 – I have successfully worked with a professional coach before.