

## **Dorinda Judd – Career / Balanced Life Coach**

### **How Coachable Are You?**

As you take this coach ability assessment put a number between 1 and 3 that most closely represents how true the statement is for you. (1=less true and 3=more true) Total your score.

- \_\_\_ 1. This is the right time for me to engage in personal and professional growth.
- \_\_\_ 2. Working with a professional coach is a proactive step I am ready for.
- \_\_\_ 3. I commit to being on time and being prepared for all sessions.
- \_\_\_ 4. I agree to do the work and complete the exercises.
- \_\_\_ 5. I am willing to let the coach do the coaching.
- \_\_\_ 6. I am 100% committed. I keep my word and follow through.
- \_\_\_ 7. I am willing to apply new concepts and use different ways of doing things.
- \_\_\_ 8. I will speak honestly to the coach.
- \_\_\_ 9. If I feel that I am not getting what I need from coaching. I will share this as soon as I sense it and ask for what I want and need from the coaching relationship.
- \_\_\_ 10. I am willing to recognize, interrupt, and change the self-imposed limitations, beliefs, and behaviors which limit my growth and success.
- \_\_\_ 11. I will communicate and express my wins to my coach.
- \_\_\_ 12. I am willing to seek additional resources, if needed.
- \_\_\_ 13. My commitment is to design my life with the guidance of a coach.
- \_\_\_ 14. I see coaching as a valuable investment for my present and my future.
- \_\_\_ 15. I have the funds to invest for professional life and career coaching.

Total Score: \_\_\_\_\_

With a high score, you are ready for coaching.

**Get your FREE 30-minute consultation!**

Visit [www.DorindaJudd.com](http://www.DorindaJudd.com) today!