

Coaching Readiness Checklist

If you're entertaining working with a coach, you'll get more out of the relationship if you're ready.

Tell tale 'not ready' signs

Check if you agree with the following statements or whether you disagree to test how you fare:	Yes	No
You want a friend. It can certainly be a by-product but it's not the aim.		
You want them to tell you what you want to hear		
You want them to agree with you		
You're not prepared to get uncomfortable to get a break through		
Deep down you're afraid of changing your situation even if it's to improve it		
You want a guarantee although only you can guarantee the result		
You have no time or are too busy		
You're not prepared for the hard internal work		
You don't see it as an investment in yourself		

If you answered mostly in the negative to the statements above, then you're more likely to benefit from a coach. When you know you're ready, then read on to understand what events could trigger you to seek out a coach.

Reasons to work with a coach

- New management role that requires you to extend yourself
- Beginning a new business venture
- Feel stuck in a rut, personally or professionally
- In a career transition, whether forced or by choice
- To manage anxiety or stress
- Recognise something's missing but can't articulate it
- Feel frustrated but don't understand why
- Recognise you have more potential than you are currently realising
- Seek momentum to improve a technical skill or complete a project
- Uncover the excuses or beliefs that are holding you back
- Want to increase your creativity
- To test your limits
- Identify your strengths, give you greater clarity on a new direction
- Increase your confidence
- Set goals and hold you accountable to achieve what you say you want
- Keen to understand what's missing and have someone point it out
- Challenge your mindset