



Cathy Laffan Coaching, LLC

Partnering to enrich lives

## Coaching Readiness Key

# of Yes responses:

**28 - 35** You're ready!

[Click here to schedule a complimentary discovery call](#)

**21 - 27** You're almost ready, a discovery call may help address what's holding you back from committing fully.

[Click here to schedule a complimentary discovery call](#)

**7 - 20** You're not ready yet and that's absolutely ok. Answer these questions again in the next few months.

On a scale from, 1 - Don't Agree to 5-Strongly Agree, select the number# that best represents how you feel right now:

#

- |    |  |  |
|----|--|--|
| 1. | I am dissatisfied or uncomfortable in my life now and I want to make it better.  |  |
| 2. | I am ready to be open, honest, and vulnerable with my coach.   |  |
| 3. | I am open to experiment with new approaches, tools, and methods.   |  |
| 4. | I am ready to eliminate or modify self-defeating or self-limiting behaviors.   |  |
| 5. | I am ready to commit the time and effort needed to work on activities between coaching sessions.   |  |
| 6. | I will commit to the coaching schedule. I will prepare for coaching sessions, arrive on time, and will not multitask during coaching sessions. |  |
| 7. | I see coaching as a worthwhile investment in my life and I have adequate funds to pay for it.  |  |