

CONTACT INFORMATION

<https://nextconversationcoaching.com/>

kristy@nextconversationcoaching.com

M: 412-337-2213



“Coach-ability” Checklist

This simple tool can help you determine if hiring a professional coach is worth the time and cost investment and will likely realize a good return on investment.

Directions: Check all that apply. A majority of checkmarks in the “Coachable” column indicate a greater likelihood of return on investment for a professional coaching engagement.

Coachable	Coaching is Questionable
<input type="checkbox"/> Requests coaching	<input type="checkbox"/> Appears non-receptive to the idea or conversation of coaching
<input type="checkbox"/> Open to new or differing points of view	<input type="checkbox"/> Defends current practices, decisions, and ideas, to a fault
<input type="checkbox"/> Welcomes and invites feedback from others to improve	<input type="checkbox"/> Ignores or downplays the suggestions offered by others
<input type="checkbox"/> Openly acknowledges strengths and improvements needed	<input type="checkbox"/> Sees asking for input as a sign of weakness
<input type="checkbox"/> Learns from failures and setbacks; handles them honestly	<input type="checkbox"/> Hides mistakes, is defensive, and/or looks for others to blame
<input type="checkbox"/> Has a strong desire to do the right thing	<input type="checkbox"/> Has a strong desire to be right
<input type="checkbox"/> Makes progress on development plan activities	<input type="checkbox"/> Has not made progress on their development and/or previous development plans
<input type="checkbox"/> Actively seeks opportunities to improve	<input type="checkbox"/> Has not consistently shown skill or behavior improvement
<input type="checkbox"/> Open to change	<input type="checkbox"/> Resistant to change
<input type="checkbox"/> Able and willing to learn from experiences and others; applies what is learned easily	<input type="checkbox"/> Struggles to apply new skills, behaviors and ideas
<input type="checkbox"/> Desire and motivation to learn	<input type="checkbox"/> Complacent; appears content with status quo
<input type="checkbox"/> Finds time for self-development; makes it a priority in their schedule	<input type="checkbox"/> Consistently misses training and/or coaching sessions; consistently rescheduling or pushing sessions out to later dates