

Niquenya D. Fulbright

Executive Life Coach, Mediator, Management Consultant & Corporate Trainer
Building Bridges Between Your Dreams & Ultimate Reality

Coachability Assessment

Rate how true each of the following statements is for you on a scale of 1 to 5.
(1=Least True, 5 = Most True)

- _____ I am ready to make a positive change in the direction of my life.
- _____ I am completely open to new ways of thinking and doing.
- _____ I will fulfill every task I commit myself to.
- _____ I understand the value of personal and/or professional development.
- _____ I will modify behaviors that limit my success.
- _____ I will be on time for every session.
- _____ I will be fully transparent (truthful) to myself and my coach.
- _____ I will immediately share any discomfort with my coach or the process.
- _____ I believe coaching is a worthwhile investment in my future.
- _____ I have the funds available within my budget to pursue coaching.
- _____ **Total**

If you scored...

45-50: You're a perfect candidate for coaching. Contact Niquenya today!

40-44: Coachable. Evaluate your current commitments.

35-39: Coachable. Ask me to assist you in overcoming obstacles.

30-34: You may be ready for coaching. Make a thorough review of my expectations.

0-29: Not coachable at this time. Work on areas scoring 3 or less.