

CAREER COACHING SELF-QUIZ

Is Now a Good Time for Career Coaching?

Career coaching is successful when you are motivated and ready to invest the needed time, energy, emotion and financial resources it requires. Before signing on for a coaching engagement, take a few minutes to complete this self-quiz to discover your current readiness for coaching.

For each item below, circle from 1 (less true of me) to 4 (more true of me).

1. I have a sense of urgency about reaching my goals and feel very motivated to make changes *now* rather than later. 1 2 3 4
2. I have specific goals that I'm motivated to work on with my coach. 1 2 3 4
3. I know it is my responsibility to take action to move forward and I feel ready to do that. 1 2 3 4
4. I'm willing to be introspective, and look at my part in a problems. 1 2 3 4
5. I'm ready to try new ideas and approaches. 1 2 3 4
6. I'm willing to be honest with myself and my coach. 1 2 3 4
7. I'm ready to let go of beliefs or behaviors that no longer support me. 1 2 3 4
8. I'm not looking to reduce or solve a psychological problem such as depression, an anxiety disorder or other challenging emotions through coaching. I know that therapy is the appropriate place to work on that. 1 2 3 4
9. I'm ready to commit to coaching as a priority by putting in the financial commitment, time and effort for sessions and tasks in-between. 1 2 3 4
10. I understand that a coach will ask me questions and provide feedback, but will not tell me what to do. 1 2 3 4

SCORING:

- | | |
|-------|--|
| 10-20 | Not ready for coaching at this time |
| 21-30 | May be ready; consider further and discuss with coach |
| 31-40 | This could be a great time to move forward with coaching |

Clear Skye Counseling

Susan Maguire, LCSW -- www.clearskynecounseling.com