

B E Y O N D  

**Glass Ceilings**  
 Shattering Career Obstacles...Achieving Career Aspirations

## COACHABILITY INDEX

For each statement, place an "x" in the box most true for you.

Less True		More True			Statement
1 point	2 points	3 points	4 points	5 points	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I can be relied upon to be on time for calls and appointments.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	This is the right time for me to take advantage of career coaching.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am fully willing to do the work and let the coach do the coaching.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I keep my word without struggling or sabotaging.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I'll give my coach the benefit of the doubt and "try on" new concepts or different ways of doing things.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I will speak straight (tell the whole truth) to the coach.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I believe that partnering with a competent coach can expedite results.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If I feel I am not getting what I need or expect from the coach, I will share this as soon as I sense it and insist that I get what I want and need.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I am willing to stop or change self-defeating behaviors that limit my success.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I have adequate funds to pay for career coaching and will not regret or suffer about the investment. I see coaching as a worthwhile investment in my career.
					= [Total of all columns]

In the last (blank) row, add the points from each column for a total column score (column 1 scores = 1 point each; column 2 scores = 2 points each; etc.); then add each column total for a final score.

### Scoring Key:

10 – 20 points	Not coachable right now
21 – 30 points	Coachable, but make sure ground rules are honored
31 – 40 points	Coachable: revisit your goals frequently to stay focused and motivated
42 – 50 points	Very Coachable: ask the coach to demand a lot from you