

# IS COACHING THE RIGHT SOLUTION FOR YOU?

Check each statement that is true for you **at this time**.

- I am willing to change some things about myself.
- I appreciate constructive feedback and seek others' opinions about me.
- I am comfortable opening up and sharing information about myself.
- My effectiveness can ultimately affect the company's success.
- I am a high performer in my current role.
- I can and will make time for activities that help me grow and develop.
- I would not be embarrassed to have a professional coach work with me.
- I accept that coaching and sustained behavior change takes time and commitment, usually a minimum of 3 months weekly coaching.
- My company supports the idea of professional coaching.
  
- I understand that professional coaches operate by a Code of Ethics, and I am willing to abide by those standards.
- I accept that a coach will not tell me what to do or how to do it. The coach will help me figure things out for myself.
- I accept that coaching is not the same as counselling and that business coaches do not offer psychotherapy.
- I am able to thoughtfully process constructive feedback from team members without getting overly defensive or denying what they've said.
- I would like to maximize my personal and professional potential.
- There is at least one thing I need to change about my behavior.



Count the number of items you have checked. If you agreed with *at least 12* of these statements, **you are a good candidate for a coaching solution**. Why not get started today?

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