

Are you ready?

Coaching works when you do, so it's wise to consider your own readiness before getting started. This quick assessment is designed to support you as a first step in determining if now is the right time to work with me. Using a scale of 1-10 (1 being 'no way' and 10 being 'hell yes!') please respond to the statements below. Answer honestly, then let's have a conversation.

ON A SCALE OF 1-10.....
I believe that change and growth are possible for me
I'm open to new ways of thinking/seeing/being
I'm willing to collaborate and co-create with my coach
I'm fatigued by my current approach(es) to overcoming challenges
I'm open to hearing frank feedback given to support my development
I'm willing to get uncomfortable in service of my growth
I am open to experimenting with new behavior/approaches
I'm prepared to follow through with growth-related, boundary-stretching assignments.
I can commit to taking action, even in the face of fear
I believe that a good coach will give me the answers
Overall, my level of commitment to my own development is _____

Please also consider the following:

Gut check-- Is hiring a coach the right move for me right now? Why or why not?

What questions about the process and/or information do I need in order to enhance my readiness?

Ready or not, I'd love to hear from you. Please email a copy of your assessment and a brief note introducing yourself to laurieshiers@mac.com. Looking forward!