



Are You Coachable?

To get the most out of your coaching engagement, you have to be coachable. That simple means you have to want to be coached. The following are a list of the thoughts you are having or agree with if you are ready to enter a coaching relationship.

1. I love learning!
2. I am open to honest and constructive feedback.
3. I want to make changes.
4. I am willing to put aside the time for coaching.
5. I am willing to suspend judgment, beliefs and control.
6. I am curious to see what emerges.
7. I am willing to trust the process.
8. I am willing to try new things.
9. I am open to finding new perspectives.

As you see, being willing and open are key ingredients here. This is a journey of discovery.

Chomba