

Is Coaching Right for Me?

Determining if coaching is right for you at this time can be a simple decision for some and a challenging task for others. This document has been prepared to support the individual considering coaching more so than the organisation. For organisations, please contact Incredible Awareness directly so that we can discuss your needs and a potential mix of solutions together.

First, let's establish a general definition of coaching:

One simple way of defining coaching is that the coach works with a client to assist them raise awareness, make decisions and modify behaviour or take action. The client sets the agenda of what they want to achieve, and the coach facilitates a process by which the client can achieve their desired outcome.

Coaches can provide assistance across a number of general areas, such as:

- Identifying goals and how to achieve them
- Enhancing self-leadership and leadership of others
- Improving career growth
- Changing habits related to healthy living
- Increasing sense of self-worth and confidence, in order to achieve their objectives
- Establishing, growing and maintaining successful relationships
- Learning new skills from goal achievement through to communication
- Overcoming barriers, including self-limiting thinking and habits
- Raising self awareness in order to make more confident and positive choices

Coaching Readiness Self-Assessment

The questionnaire on the following page may be useful to you in conducting a self-assessment of your readiness for life coaching at this time.

Please keep in mind that even if you answered "No" to any of these questions, coaching may still be a viable choice for you at this time. You may wish to consider raising these responses with a coach to see how your coach might help you work through them.

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I have the desire to invest time, energy and resources in myself.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I can see the difference between where I am and where I want to be.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am capable of taking action now to get to my goal.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I take full responsibility for where I am in my life and where I'm going.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I recognise my strengths and abilities at least enough to know I can create the change I want.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I can make and keep commitments with others and myself.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am fully willing to do the work required to get me where I want to go.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to stop or change any self-defeating behaviours that may be limiting my success.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to be open to trying new things even if I'm not absolutely convinced they will work.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to re-evaluate my assumptions about myself and other people.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to address the issues and situations that may be holding me back.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Coaching is the appropriate professional service for my needs at this time, versus counselling, therapy or substance rehabilitation services.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I can afford the financial investment and will not regret or suffer over the fee.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I have the patience to take consistent action toward my goals and dreams	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am able to make choices and decisions, and also recognise I may require the coach as my sounding board for my decision making process.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am honest with myself and can "tell it like it is" to my coach.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to tell my coach how I learn best and how I want to be coached.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to accept honest and direct feedback from my coach.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I am willing to be supported by my coach, but I don't expect a cheerleader or someone else to do the work for me.	Yes <input type="checkbox"/>	No <input type="checkbox"/>
I do believe my goals and dreams are possible...I believe in myself enough to engage a coach.	Yes <input type="checkbox"/>	No <input type="checkbox"/>