

## COACHING DISCOVERY FORM

### Is this the right time to hire a coach?

With coaching, you can expect to sharpen skills and achieve a new level of performance. Having a coach will support you in becoming clear on what you really want in your career. It can speed up the process of obtaining a job that is fulfilling and make the journey of getting it much smoother.

To discover how a coach might help you, complete the Coaching Discovery Form below. This will give you a strong base from which to explore if coaching will be useful at this stage of your life and career.

After you have completed the quiz, press SEND to send a copy to yourself, and then contact Deb to set up a consultation and discuss what you discovered. Even if you are not ready to hire a coach, this will give you an opportunity to explore the possibilities that are available to you right now.

- 1) Rate your current job from one (1) to ten (10). Ten (10) being perfect, it can't get any better, one (1) meaning lots of improvement is needed in this area.

	1	2	3	4	5	6	7	8	9	10
Intellectual engagement:	<input type="checkbox"/>									
Money to meet needs:	<input type="checkbox"/>									
Opportunities for skill development:	<input type="checkbox"/>									
Professional respect:	<input type="checkbox"/>									
Work / life balance:	<input type="checkbox"/>									
Emotional and Physical Health:	<input type="checkbox"/>									
Fun:	<input type="checkbox"/>									
Fulfillment:	<input type="checkbox"/>									
Other:	<input type="checkbox"/>									

- 2) What is one thing you would like to achieve in the next six months that would make the biggest difference in your career?

- 3) If you could have more of one thing in your career, what would it be?

- 4) What are the top three things you are tolerating or putting up with in your career?

Toleration 1:

Toleration 2:

Toleration 3:

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- 5) How would your life be different if you no longer had the above tolerations?
- 6) To increase your enjoyment of work and life, what are the three key areas for you to focus on for your own personal and professional development?

Area 1:

Area 2:

Area 3:

- 7) Write down one thing in your life you would like to have but don't have a clue how to go about getting it.

- 8) Assuming all human beings have some way of sabotaging their life, or holding themselves back, what would be your favorite method? (Circle your favorite, write in any that are missing)

Not planning or setting goals  
Procrastinating  
Being Indecisive  
Arrogant/ Having to be Right  
Not always telling absolute truth  
Acting as the "Lone Ranger"  
Tolerating  
Not saying "No"  
Controlling life/people  
Not listening to others  
Following secondary\* goals (\*i.e. goals that won't ultimately make me happy)  
Other:

- 9) What would be the most valuable thing you would get from working with a coach?

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### Are you ready to hire a coach?

#### Circle yes or no

I am ready to do whatever it takes to reach my goals?	<b>Yes</b>	<b>No</b>
I am willing to listen to the viewpoint of someone else?	<b>Yes</b>	<b>No</b>
I am willing to invest in myself?	<b>Yes</b>	<b>No</b>
I am willing to get out of my comfort zone and try new things?	<b>Yes</b>	<b>No</b>
I am willing to make the commitment necessary to make the changes I am seeking?	<b>Yes</b>	<b>No</b>
I am willing to commit to the process, knowing that change doesn't happen over night.	<b>Yes</b>	<b>No</b>
I am willing to ask for support and accept the support I receive?	<b>Yes</b>	<b>No</b>
I am willing to stop tolerating?	<b>Yes</b>	<b>No</b>
I am ready to invest in myself?	<b>Yes</b>	<b>No</b>
I am ready to put myself first in my life and work?	<b>Yes</b>	<b>No</b>

Give yourself one point for every **Yes** you circled and 0 points for every **No** you circled. Tally up the number of yes's and then the number of no's.

If you scored:

- 8-10 points** You are ready to make the investment and hire Deb. Your commitment level is high and you will achieve much from working with Deb.
- 5-7 points.** You are almost there. During your consultation, work with Deb on areas that are getting in your way. Ask Deb to support you in removing those blocks so you can move forward and begin to create the change you want in your life.
- 0-4 points.** Most likely you are not ready to hire Deb. During your consultation ask Deb for suggestions on what you could do to prepare yourself to begin the process of change.