

Coaching readiness assessment

Before taking the next step, it's important to think through whether coaching is the right approach for you.

This assessment will help you understand where you're at now, what support you might be seeking and if this is the right time in your grief journey for you to have coaching.

Take a plain piece of paper and list numbers 1-10 down the left-hand side. Read each statement and write a score against each as per the criteria below. Finally, add your 10 response scores together to get the final score.

Scoring: **1 = Not at all** **2 = A little** **3 = Maybe** **4 = Probably** **5 = Definitely**

1. I think I can benefit from an external sounding board
2. I am open to having a coaching relationship
3. I feel I need structured conversations, tools and techniques
4. I am willing to have honest conversations in a safe space
5. I have a real desire to grow and change after my loss
6. I am ready to create plans and take actions to move forward
7. I am open to considering new approaches and to trying new ways of doing things
8. I feel motivated and committed to invest in regular sessions
9. I am willing to invest time and energy to make changes outside of sessions
10. I want to take back control of my life

Total scores:

Under 19 – Coaching is probably not the best fit for you at this moment, you might benefit more from other types of support such as talking therapy.

20-34 – You might not be in the right space for coaching at this time, but you should reassess in a few months after you have processed your loss and grief further.

35-50 – It looks like you are ready for coaching and would really benefit from this approach. As a next step, it would be great if you could share your scoring with me (at suzanne@coachingafterloss.com) so I can see where you are at. Then, let's have a chat over a coffee and see how I can support you.

You might also like to complete the **Roadmap for change** exercise to help you think about the future you want to move towards.

