

## CHECKLIST – Are you Ready for One-to-One Coaching?

Coaching is a powerful process that raises self-awareness and provides a framework to gain confidence, clarity and a sense of purpose. It isn't suitable for everyone. You need to be in the right frame of mind, committed and ready to make changes to make the most of the experience. The purpose of this checklist is to work out if you are ready.

### Change

Do you want to make a change? This could be something you want to accomplish or that you would like to be different, such as your mindset or skills. It could be a change in certainty or clarity.

Yes  No

Do you know *how you would know* that the change had happened?

Yes  No

### Resourcefulness

Do you feel physically and emotionally well enough to be able to commit to this process? You will need energy, focus and a resourceful frame of mind

Yes  No

Do you have the support you need from family and friends to commit to this process? It will take time and headspace!

Yes  No

### Openness

Are you able to be open-minded about yourself

Yes  No

While in a place of safety, are you able to:

- place trust in others
- be emotionally vulnerable
- listen to feedback.

Yes  No

Yes  No

Yes  No

Are you ready to explore what may be unknown to you about yourself? Your blindspots, assumptions and self-limiting beliefs?

Yes  No

If you can answer 'yes' to the above, you are ready for coaching. If one or two are 'no', then I would advise getting in touch and discussing what is holding you back.

If you really want to maximise working one-to-one, consider the following and see if you gain any insights. Fill in the boxes below with your thoughts.

Would you like to challenge yourself? What does challenge mean to you?

Would you like to aim higher?

Would you like to move at a faster pace?

Do you need dedicated time and space to spend on yourself, in order to make a change?