**Are you coachable?**

If you want to do something about it, here are 11 ways to test your coachability right now:

1. Your intent to develop and improve is serious
2. You want to evolve, grow and adapt or switch gears when needed
3. You are prepared to keep your commitments to your coach
4. You are willing to be open, honest and objective
5. You are prepared to show humility
6. You are ready to do the hard work of personal reflection
7. You are open-minded and willing to try new ways of learning
8. You are willing to explore, challenge, and change thoughts, feelings and actions that you recognise are limiting your development
9. You take constructive feedback well and are keen to learn from it
10. You are willing to give regular feedback on your coach’s effectiveness
11. You understand that your coach will support, encourage and challenge you while you do the work and reap the benefits of your efforts