**https://success.tulane.edu/support/coaching/readiness-scale**

**Coaching Readiness Scale**

Below is a list of questions that can help guide you to whether or not you are ready for coaching.

1. Do I intrinsically want to make improvements?
2. Am I genuinely interested in partnering with someone to develop plans to reach specific goals?
3. Am I open to experimenting with new and different approaches to academic and personal tasks?
4. Am I interested in personal reflection and self-discovery?
5. Am I willing to modify or eliminate behaviours that limit my wellbeing? Last part is changed.
6. Am I ready to take part in a collaborative process with a coach and give feedback when appropriate?
7. Am I willing to arrive on time?
8. Am I open to finding value in the process, not because someone else has prescribed that I use this resource?

**Scale Results:**

| Checkmark icon. | Yes to 5 or more: Your are ready to engage with coaching. |
| --- | --- |
| Two people meeting icon. | Yes to 3 or 4: You may want to meet with a success coach for an initial meeting to see if coaching is a good fit. |
| Pause button icon | Yes to 2 or fewer: You may not be ready at this time and may want to consider coaching at another time. |