

## Is **Executive Coaching** for You?

True or False

1. I see a gap between where I am and where I want to be.
2. I have the motivation to learn and improve even if it's difficult or uncomfortable.
3. I am open to getting outside my comfort zone and trying new things.
4. I will prioritize the time needed to invest in my development.
5. I am receptive to being coached.
6. I am willing to be totally open and honest with myself and my coach.
7. I will keep my commitments to scheduled meetings and planned actions.
8. I am willing to do the work required to accomplish my goals.

### Results

- If you answered True for all 8 statements, you are a great candidate for coaching!
- If you answered True for 6-7 statements, consider what adjustments you would need to make for this commitment to be worthwhile at this time.
- If you answered True for less than 6 statements, coaching may not be a good option for you at this time.