



TM

# COACHING PREPAREDNESS ASSESSMENT INDIVIDUAL

Before embarking on and investing in a coaching program, it is critical that you are prepared and committed to doing the work to ensure long-term success.

Ultimately, the only person who will be able to implement change and move your career and skills forward is you. This assessment will help you understand if now is the best time to commit to a coaching program.

Give yourself a score out of ten according to how much you agree with each of the following statements.

SCORE

## 1. My career and performance at work is important to me.

- 1 = Not at all. My job just pays the bills. I am more passionate about my life outside of work.
- 10 = Career success is my number one priority. I am extremely ambitious.

## 2. I'm willing to do the work and commit the time for my future success.

- 1 = The effort I put in is irrelevant – my boss will make the decision regardless of what I do.
- 10 = Absolutely – I will do what is required to achieve my career and professional goals.

## 3. I'm constantly working to develop and learn new skills that will benefit my career and my organisation.

- 1 = I try, but I am really busy. I fit in what I can, which is not a lot.
- 10 = I make learning a priority and dedicate time each week or day to improve my knowledge and skills.

## 4. I have a clear career plan.

- 1 = I have absolutely no idea what my career goals are.
- 10 = I know exactly what I want to achieve and I have a plan to get there.

## 5. I know that I can achieve my career goals.

- 1 = I don't have what I need to be successful in terms of skills, experience, time, organisational support, managerial support or money.
- 10 = I know I will ultimately achieve my career goals, no matter how long it might take or how difficult it might be.

## 6. I need help to achieve my goals.

- 1 = Not at all. I know it is up to me and I can achieve my goals by myself.
- 10 = Yes. While I know I have to do the work, I also know it is time for me to find support from others to help me to identify and implement the way forward.

## 7. When it comes to my career, I currently feel ...

- 1 = Extremely happy – I am exactly where I want to be.
- 10 = Extremely unhappy – I hate what I do, I have no plan and I need to make a change now.



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Now it's time to get your results.

Add up the answers to each of your responses on the first page.

## YOUR TOTAL:

Find out what the results of your assessment are below. Tick the score and results that correspond to your total.

### THE RESULTS

#### Score 0 – 28

A score in this range indicates that you really need a coaching program but you may not be ready. A score like this suggests that you either have no career plan or that you do not think you can achieve your goals. Whilst you know that you are not currently happy in your career, you seem to be unable, or unwilling, to dedicate the time and resources to make the changes you would love to make. Unfortunately nothing will change if you don't allow the time and space to think about what is next for you. Please [contact us](#) if you would like to discuss this score in more detail or how you can become "coaching ready"

#### Score 29 – 55

A score in this range indicates that you are open to exploring and discussing your future. Your career and your performance are important to you but you are not sure how to move forward. Now that you have started to investigate options to help you accelerate your career, keep going until you find the support and training you need to get you to the next level. Please contact us [here](#) if you would like to organise a trial to help you understand how Peepcoach can support you to improve your professional and business impact.

#### Score 56 to 70

You are ready to go. You are committed to doing what it takes to achieve your career goals. You understand that you are the owner of your career and that to be successful you have to do the work. It is time to get started. Please contact us [here](#) to discuss how Peepcoach can help you accelerate your professional and business success.