

Ready to be Coached by Brian?

This questionnaire* is designed to help you self-assess your readiness for a coaching relationship.

New or Prospective Clients: Please circle "Yes" or "No" to each question:

1. I will keep appointments with myself to work on my coaching homework.
i. Yes No
2. There is something I want to work on or achieve which I will focus on in my coaching.
i. Yes No
3. I am willing to stop or change behaviors that are interfering with my progress.
i. Yes No
4. I am willing to try new approaches to help me achieve my goals.
i. Yes No
5. Coaching is an appropriate approach to utilize to help accomplish my goals – as opposed to therapy for an emotional issue or a consultant for specific problem solving or specific teaching.
i. Yes No
6. I will take regular actions to help achieve my coaching goals even if I don't see immediate results.
i. Yes No
7. I will be open with my coach about what I like or don't like about how the coaching is going.
i. Yes No
8. I will work collaboratively with my coach to design goals and action steps to move forward.
i. Yes No

If you answered yes to most of these questions you are ready to be coached by Kairos Associates. Get started by giving Brian a call (650-261-6410) today.