



Could you benefit from coaching?

The form below will give you an idea of whether you could benefit from Life Coaching.

1 = no , 2 = maybe, 3 = possibly, 4 = yes, 5 = definitely

1.	I am ready to make changes in my life.	
2.	I am open to trying new ideas and welcome different ways of doing things.	
3.	I keep my word without making excuses.	
4.	I am ready to create balance in my work and home life.	
5.	I am willing to replace any behaviors that limit my success.	
6.	I am willing to carry out the tasks agreed between me and the coach to help me make changes.	
7.	I am willing to invest in myself and have adequate funds to pay for coaching.	
8.	I can be relied on to be on time for all calls and appointments	
9.	I will be honest when working with my coach	
10.	I will tell my coach if I think I'm not getting what I need from the coaching relationship	
	Total	

Your Total: SCORING

0-20 – Coaching is probably not right for you at the moment.

21-30 – Coaching is a possibility for you.

31-40 – Coaching is a good option for you.

41-50 - You are VERY coachable!

If you scored between 21 and 50 call 0121 373 0958 for a free trial session

www.oasisolutions.co.uk