**Is coaching right for you?**

Yes No I have a dream for my future, but I’m not sure how to make it happen.

Yes No I have so many things on my plate. There’s not enough time. I want more control of my life.

Yes No I want to spend more time on things that are truly important to me.

Yes No I’m unhappy in my current position and want to make things better.

Yes No I’d love to retire in a few years but can I afford to? Will I be happy without ties to work?

Yes No I’m in a slump. I need motivation to make things happen in my life/business/job/ relationship.

Yes No I lead a non-profit organization and have no one to talk to about my goals and challenges. I don’t want to worry my staff or the board. I just need to talk things through with someone I trust.

Yes No I need someone with whom I can bounce ideas for a new project confidentially.

Yes No I want to develop my skills as a leader.

Yes No I want to find my voice to speak up for what I want and need in life.

Yes No I want to become more confident.

Yes No I’m ready to make change happen.

Yes No I understand that a coach won’t give advice or fix my problems.

Yes No I’m ready to invest time and energy into my own growth and development.

Yes No I am open to different perspectives, honest feedback and straight forward insights.

**Your Score**