

HOW COACHABLE ARE YOU?



How Coachable Are YOU?

Instructions: YOU play a key role in your own personal development, so it is important to gauge your willingness and ability to improve. Circle the number that best describes you for each of the eight questions below, then add up your score and turn the page to see how coachable you really are...

	One of my Strengths	Doing "OK" with this	Definitely Needs Focus		
1. Sets performance goals: Talks with manager to establish annual goals for performance; takes initiative to define and accomplish those priorities.	5	4	3	2	1
2. Clarifies instructions: Asks for guidance on accomplishing tasks; clarifies expectations for how the task should be done.	5	4	3	2	1
3. Seeks task-relevant feedback: Seeks input on performance tasks; asks for observations and reactions to assess personal performance.	5	4	3	2	1
4. Shares progress with supervisor; establishes milestones and communicates regularly to ensure clarity and sustain proper focus.	5	4	3	2	1
5. Confronts difficult situations: In one-on-one meetings with managers, brings up potentially uncomfortable issues that are affecting work.	5	4	3	2	1
6. Seeks feedback from colleagues: Asks peers to offer constructive recommendations and feedback on how to work and contribute more effectively.	5	4	3	2	1
7. Follows through: Takes action based on outcomes of coaching discussions; seeks additional assistance and tracks progress.	5	4	3	2	1
8. Maintains and builds skills as needed: Works to always strengthen and/or add to current skill set to solidify role and contributions to team.	5	4	3	2	1

Scoring Your Survey -

Add up the total score from the numbers you circled on the previous page.

IF YOU SCORED BETWEEN 33-40:

YOU ARE CLEARLY COMMITTED TO INDIVIDUAL DEVELOPMENT...
ENJOY YOUR STATUS AS A COACHABLE LEADER OR TEAMMATE!

IF YOU SCORED BETWEEN 24-32:

YOU ARE SOMEWHAT COACHABLE, BUT MAY HAVE A FEW BLINDSPOTS OR ISSUES...
FOCUS ON THE AREAS WHERE YOU SCORED LOW TO BECOME A BETTER YOU.

IF YOU SCORED BETWEEN 8-23:

YOU ARE STRUGGLING WITH ONE OF THE FOUR "CEILINGS" OF IMPROVEMENT...
ACKNOWLEDGE YOUR WEAKNESSES AND *TAKE STEPS TO ADDRESS THEM.*



These are the 4 main "ceilings" that keep us from improving ourselves:

Ignoring reality - (a lack of honesty)

Contentment - (a lack of hunger)

Personal pride – (a lack of humility)

Knowing but not doing – (a lack of habits)

If you or your teammates need an energizing and fun catalyst event to help understand and put into action some useful techniques that will help you to "Stay Coachable," [contact Sean](#) Today!



Does Your Teamwork need a Tune-up?

[Contact Sean](#) to learn how he can improve your team with...

Team Building
Events



Interactive
Keynotes



Coaching
or Training



Sean Glaze is an entertaining speaker, author, and team building facilitator who helps people have more fun laughing together so they can have more success working together.

As the founder of [Great Results Teambuilding](#), Sean has been inspiring rapid teamwork and developing team leaders for over 20 years.

He delivers interactive events and conference keynotes for clients interested in increasing their competitive advantage by building more **engaged** and **connected** teams.

