



LAURIE DUPAR

COACHING FOR ADHD

Are You Ready for Coaching?

Please circle the number next to each of the following statements on the 1-4 scale as follows: 1 = not at all true, 2 = somewhat true, 3 = true, 4 = very true.

The results of this quiz may help you determine whether coaching is the right option for you at this time.

NT	ST	T	VT	
1	2	3	4	I am at a point in my life when I am willing to try out new ideas and ways of doing things.
1	2	3	4	I am willing to allow my coach to guide my process of learning.
1	2	3	4	I am ready to enter into a partnership with my coach to create a life that is even better.
1	2	3	4	I am willing to take an active role in the coaching process and to follow through on action steps.
1	2	3	4	I am willing to be open and honest with my coach.
1	2	3	4	I am willing to recognize my own "stuff" (limiting issues and beliefs) and to take responsibility for changing them when it is in my best interest.
1	2	3	4	If at any time I feel the coaching relationship is not working for me, I feel I will be able to share this with my coach.
1	2	3	4	I understand coaching is an investment in my personal, academic and/or professional future.
1	2	3	4	I am prepared to be on time for all coaching appointments.
1	2	3	4	I am committed to taking care of myself physically while involved in the process of coaching.

_____ Add total score of all numbers circled

Scoring key: 10-16 – Coaching may not be right for you now; 17-25 – You may be ready, but will need to adhere to all agreements carefully; 26-32 – You are ready for coaching; 33-40 You are very ready for coaching!