

Rate yourself on the following coaching competencies, using the lowest score (1) to represent a low level of competency or a high score (5) to represent a high level of competency, or somewhere in between. Then total the numbers in each column and add the column totals together for your score.

Competency	Rating				
	1=Don't Do	2	3	4	5=Do Very Well
I create an environment of trust for the coachee.	1	2	3	4	5
I quickly and easily build rapport with the coachee.	1	2	3	4	5
I gauge and establish buy-in from the coachee.	1	2	3	4	5
I enable the coachee to set S.M.A.R.T. goals.	1	2	3	4	5
I ask sincere questions that are void of judgment and blame.	1	2	3	4	5
I avoid asking leading questions, allowing the coachee to draw their own conclusions.	1	2	3	4	5
I help raise self-awareness without eliciting defensiveness.	1	2	3	4	5
I challenge their current paradigms without getting resistance.	1	2	3	4	5
I provoke deep thought and enable 'aha' moments.	1	2	3	4	5
I encourage the coachee to do self reflection.	1	2	3	4	5
I reframe the issue to cause a shift in perspective.	1	2	3	4	5
I actively listen; reassuring the coachee they've been heard.	1	2	3	4	5
I see and acknowledge their perspectives and challenges without judgment.	1	2	3	4	5
I know when to support and when to challenge the coachee.	1	2	3	4	5
I co-create opportunities for the coachee to be motivated.	1	2	3	4	5
I tell them what they need to hear (straight talk) in a way they will hear it.	1	2	3	4	5
I remain focused on their agenda, not my own.	1	2	3	4	5
I help them define clear measurements of success.	1	2	3	4	5
I assist them in identifying barriers to taking action.	1	2	3	4	5
I hold them accountable for their progress toward their goals.	1	2	3	4	5
Subtotal Scores by Column					
Grand Total Score of all Columns					

0-65 Your coachees are not getting the full benefit from coaching.
 66-85 Your coachees are receiving some help from your coaching.
 86-100 Congratulations! Your coachees are likely very motivated by your coaching.

**Want to be a better coach?
 We can help. Call us at
 678-907-9491.**