

ADHD COACHABILITY INDEX

In order for coaching to work you need to be in a place in your life where you can fully benefit from coaching. This assessment gives you an idea of whether you are ready to participate in coaching. If, after taking the assessment, you still are not sure, discuss the results with the prospective coaches you are considering hiring.

Rate the following statements from 1 to 5 {with 5 being "more true" and 1 being "less true"}:

1. This is the right time for me to accept ADHD coaching. I have handled (or am handling) my psychological issues and am ready, willing and able to be coached to take the actions I will need to take to work with my ADHD and reach my goals.

1	2	3	4	5
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2. I realize that there are no "magic bullets." I know that it will take a while to develop the new habits that I will need to live successfully with my ADHD. I am willing to adopt new perspectives or different ways of doing things. I am also willing to rely on others (including my Coach) for feedback, information and guidance, but not for answers.

1	2	3	4	5
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3. I fully intend to do the things I say I am going to do, including being on time for calls and appointments and doing my homework. Those times when I do not follow through, I am willing to revise what I am doing in order to keep myself on track in the future. But I will not berate myself if I do not succeed at first.

1	2	3	4	5
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4. I am willing to be honest with my coach, sharing what I know about myself and asking for what I need in the coaching relationship. I will report the difficulties I encounter so that my Coach and I can create a plan that will work for me.

1	2	3	4	5
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5. I see coaching as a worthwhile investment in my life. I have prioritized my finances so that I have adequate funds to pay for coaching.

1	2	3	4	5
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TOTAL SCORE =

SCORING KEY:

- 0-5 Coaching may not be right for you now. You may want to work with a therapist first, and revisit coaching at a later time.
- 6-14 You can participate in coaching, but make sure you spend time working on your own growth.
- 15-19 Coaching is right for you. Take full advantage of your coaching.
- 20-25 You are in a great place for coaching. Ask your coach to request a lot from you.

Note: The ADHD Coachability Index adapts the Coachability Index (copyright) developed by Thomas Leonard for [Coach-U](http://www.coach-u.com) and Madelyn Griffith-Haynie for The Optimal Functioning Institute (tm) <http://www.addcoach.com>.