

# Coaching Subsidy Request Form



## Contact Info

Name:

Address

City  Prov  Postal Code

Email

Place of Ministry

Primary Contact Phone Number   Home  Work  
 Cell  Other

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# Coachability Index

Modified from the Christian Client Coachability Index (c) 2011 Christian Coach Institute. Used with permission. All rights reserved.

Write the number in the box (on a scale of 1-10) that most accurately represents how true the statement is for you **right now**. Next, score yourself using the key below. Be honest! This assessment is designed to make sure that coaching is a good fit for you so that you can achieve great results. This assessment will help you and your coach discover how coachable you are right now.

I can be relied upon to be on time for calls and / or appointments.	<input type="checkbox"/>
I can be relied upon to do follow-up work, such as agreed action-steps.	<input type="checkbox"/>
I am willing to be accountable to another person.	<input type="checkbox"/>
I desire to be accountable to another person.	<input type="checkbox"/>
I understand what coaching is, and what it is not (counseling, consulting, or mentoring).	<input type="checkbox"/>
I understand that coaching takes work on my behalf, which I am willing to do in order to meet my goals.	<input type="checkbox"/>
I am willing to eliminate or modify any self-defeating behaviors that may limit my success.	<input type="checkbox"/>
I am a self-starter who takes responsibility and doesn't blame others when I fail to achieve my goals.	<input type="checkbox"/>
I am willing to be honest with a coach.	<input type="checkbox"/>
At this time in my life I feel I am ready to make some changes.	<input type="checkbox"/>
My Christian values are the foundation for my life and how I live (morally, priorities, etc.)	<input type="checkbox"/>
I am open to talking about my dreams, visions, and goals.	<input type="checkbox"/>
I pray about my goals and believe God is directing me.	<input type="checkbox"/>
I am willing to consider new ideas, behaviors, and values.	<input type="checkbox"/>
I have goals I want to achieve that have not yet been reached.	<input type="checkbox"/>

YOUR SCORE: \_\_\_\_\_

## **SCORING KEY**

**30 or less** - You may not be ready to work with a coach at this time but your coach will most likely have specific recommendations that fit your individual needs for now. Ask your coach about a few exercises that will help you to further understand your own needs and how you may benefit from coaching in the future.

**31-59** - Coachable

**60-75** - Very coachable; tell your coach to ask a lot from you!

# Life Satisfaction

Life Satisfaction Questionnaire by Gary R. Collins. Used with permission. All rights reserved.  
For more information, see [CHRISTIAN COACHING: Helping Others Turn Potential into Reality](#). NavPress, 2001.

How satisfied are you with different areas of your life? Write a number from 1 to 10 in the box that corresponds to each of the following areas of life. If you give an item a 1, you are completely dissatisfied with this part of your life. It means, "This part of my life is entirely unacceptable to me in its current state." A number 10 means, "I couldn't be happier or more satisfied with this area of life." Your overall satisfaction will change from day to day, but try to give an overall assessment of where you are at present.

Physical Health

Mental / Emotional Health

Career / Employment Satisfaction

Financial Stability

Marriage / Romantic Relationships

Home Life (Immediate Family)

Extended Family (Relatives, In-Laws)

Friends / Social Life

Recreation and Rest

Pace / Balance of Life

Personal Development

Spiritual Health

Church / Religious Life

Physical Comfort (House, Possessions, Cars, etc)

Direction for the Future / Clarity about your goals

Overall Fulfillment

# Coaching Background

Why do you want coaching? Be as specific as possible. Example: "I want to start an exercise program to gain more energy and to lose 30 pounds." Use extra paper if you wish.

Have you ever been in counseling or therapy?  Yes  No  
If yes, please explain.

What are the most important things (good and bad) happening in your life right now?