

Am I Coachable?

There are many benefits to seeking guidance from a certified life coach. Through coaching, clients can gain **confidence**, a fresh **perspective**, objective **guidance**, and **communication skills** that can improve relationships, productivity, time management, and lead you to a more satisfying career path. In short, a coach is an objective, collaborative, accountability partner who converts problems into possibilities while helping you plan for a more fulfilling future.

So how do you know if you are coachable?
Answer 'yes' or 'no' to the below 10 questions:

1. Are your family members and friends encouraging you to seek help outside your inner-circle?
2. Are you stuck in one place and uncertain where to go next?
3. Do you feel that no one understands you?
4. Are you seeking a passion in life?
5. Are you ready to step out of your comfort zone?
6. Are you prepared to recognize and surrender old patterns that aren't working for you anymore?
7. Are you open to listening to a fresh perspective and embracing new ideas?
8. Are you prepared to set and achieve goals?
9. Are you willing to do the work necessary to instigate positive change?
10. Are you able to keep the promises you make to yourself?

If you answered 'yes' to five or more of the questions above, then coaching may be the right step for you.

Reach out to Vicky DeCoster today to learn more about the process and to schedule a free exploration session.

www.crossthebridgecoaching.com