



# Building Your Readiness for Coaching

This short guide is designed to help you strengthen your readiness for coaching. Readiness isn't about perfection—it's about awareness, willingness, and intention.

You've just taken time to reflect honestly on your readiness for change. This guide invites you to stay with what emerged, without rushing to conclusions or solutions. Notice which questions feel familiar, which feel uncomfortable, and which feel newly possible.

## 1 Clarify the Gap

Coaching works best when you have a clear sense of what you want to change. Spend time reflecting on where you are today and where you want to be.

- *What feels incomplete, unsatisfying, or out of alignment in your life or work?*
- *What would "better" actually look like if change were possible?*
- *What has kept you from making this change on your own so far?*



## 2 Practice Ownership



Readiness grows when you begin to take full responsibility for your choices, patterns, and responses — without self-judgment.

- *Where am I blaming circumstances or other people for my situation?*
- *What is within my control right now, even if it feels uncomfortable?*
- *What small action could I take this week to move forward?*

### 3 Build Support

Change rarely happens in isolation. Consider who or what can support you as you grow. Sometimes support comes in unexpected forms.

- *Who in my life encourages my growth and wants to see me succeed?*
- *What environments help me stay accountable and focused?*
- *What boundaries might I need to set to protect time and energy for growth?*



### 4 Experiment with Change



You don't need certainty to begin — just willingness. Try small experiments that stretch you beyond familiar habits.

- *Say yes to one new way of thinking or acting this week.*
- *Notice resistance without trying to eliminate it.*
- *Reflect on what you learn rather than whether it "worked."*

### A Threshold Moment

If the assessment surfaced both readiness and hesitation, that's not a contradiction—it's often the threshold itself. Readiness is not something you either have or don't have. It's something you cultivate—over time, through awareness, alignment, and action.

When you feel clearer about what wants to change, more supported in the process, and more willing to engage honestly with yourself, coaching becomes a powerful next step.

When you're ready, we invite you to reconnect and explore what's possible.

