

ARE YOU COACHABLE?

A SELF-CHECK

**COACHING ONLY WORKS AS WELL AS THE PERSON RECEIVING IT.
SIX BEHAVIORS DETERMINE WHETHER IT STICKS.**

Attentiveness

Do you actually notice patterns in the feedback you get, or does it slide past you?

Willingness to Learn

Are you curious about what you don't yet do well, or does it feel like a threat?

Persistence

When a new approach doesn't work right away, do you adjust and keep going, or quietly drop it?

Feedback Seeking

Do you ask people directly how you're doing, or wait for it to come to you?

Feedback Receptivity

In the moment feedback lands, are you absorbing it, or already building your defense?

Feedback Implementation

A week later, has anything about how you actually work changed?