



Brooke Vuckovic

Strategies for Living and Leading with Purpose

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Are you ready for coaching?

Ask yourself the following questions to assess your readiness for coaching. If the answer is “no” to any of these, we should be sure to discuss the item when we meet.

- **Do you understand coaching and what you hope to get out of it?**
- **Have you asked trusted friends and colleagues for referrals to coaches?**
- **Have you spoken with several coaches about their experience, specialties, background and training?** And, if they were not referred to you, have you asked for references?
- **Do you have a genuine, intrinsic desire to change at this point in your life?**
Do you think coaching is right for you? In other words, even if it was a trusted friend, colleague, or boss who told you that coaching could help you, do you agree with them? Do you want to invest time and energy in your development right now?
- **Do you value collaboration and support? Do you view asking for help as a sign of strength and confidence?**
- **Do you value and are you willing to solicit candid feedback?** Getting feedback from others (including your coach) is an integral part of the coaching process.
- **Are you willing to try new things (behaviors, skills, “experiments”) that will change your usual ways of doing things?** As the old saying goes, “We do not think ourselves into new ways of living; we live ourselves into new ways of thinking.” Coaching will involve you doing some activities that are new and that at first may feel uncomfortable.



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- **Are you willing to commit the time to coaching?** There's no getting around it: coaching – and the work it requires – demands time; time for regularly scheduled appointments; time to do the tasks you've committed to, etc.
- **Are you disciplined and do you follow through with commitments?** Although this is often an arena for improvement with coaching, it's important to know that the coaching relationship assumes that you will complete assignments – that may be reading, specific actions, reflections, skill practices, etc. – as part of the process. And if this is a weakness currently, coaching will be the first place you are asked to begin practicing new habits.
- **Do you have the support you need to make coaching happen?** This may be the support of your employer, your spouse, or your assistant to ensure that you will have the time (and are able to make the financial investment) for the coaching work.
- **Will you make coaching work a priority for the period of your engagement?** I tell most people to plan on at least 6 months for coaching work – coaching is not a quick fix and real change depends on learning, practice and continued feedback over time. Sometimes if the issue is very specific, clear and well defined, it may take slightly less time; and sometimes the coaching relationship can extend as long as a year or eighteen months, if someone is initiating a significant change process.