



**Brian McAleer
Coaching Services**

What your survey answering ranking means.

Thank you for taking the time to complete the survey “Is Life Coaching right for you, right now”.
Below is an explanation of the score ranking you received from your answers.

Your Score	Is Coaching right for you, right now?	Reason
10 or below	NO	Coaching is <u>Strongly Not Advised</u> at this stage. A score of 10 or lower indicates that you are experiencing a strong level of mental health issues which inhibits your ability to manage your thoughts, emotions and day-to-day tasks on a regular basis. If you are not currently being supported by a mental health service or practitioner, I highly recommend that you access support as soon as you can. *Click this link for information on mental health services and options for young adults. If you have any questions about this recommendation that you not access Life Coaching at this stage, please don't hesitate to contact Brian McAleer via email at info@brianmcaleer.com
11-16	NO	Coaching is <u>Not Advised At This Time</u> . This score indicates you are experiencing the majority of the mental/emotional/social challenges addressed in the questionnaire, but may be ready for coaching in the near future.
17-24	POSSIBLY	Coaching Can Be Accessed <u>After a Discussion</u> . Please contact Brian to discuss an Initial Consultation Session for you as a starting point, which is a good way to determine if a longer coaching program of 8 sessions or more is suitable. Click here to send Brian a message via Facebook and we can have more of a chat
25-40	YES	You Are <u>Ready for Life Coaching</u> . A score within this range, means you are experiencing about 50% or less of the issues addressed in the questionnaire. Overall, you are mentally and emotionally fit enough to apply yourself to the requirements and expectations of a Life Coaching Program. Click here to book a strategy call with Brian where we can discuss your coaching needs.

Remember to get in touch with Brian if you would like to discuss your score or any of the information above via info@brianmcaleer.com

Kind Regards,

Brian McAleer