

Finding The Right Coach For You

People hire a coach when they are in transition, making a career change, reevaluating life choices and direction, starting a new business or desiring to become better leaders.

Before you invest your precious time, energy and money with a coach, consider the following simple, yet important guidelines for selecting the right coach for you:

1. Learn about coaching. If you can talk to someone who has been coached, asked them what the experience was like. Did they “get” what they hoped for? Did they receive benefits they hadn’t expected?
2. Know your objectives for being coached.
3. Be aware of what you will need in a coach; temperament, style, schedule, fees, experience.
4. Trust your “gut” about the coaches you interview.
5. Interview 3 coaches before you decide on one.
6. Consider your coaching relationship an investment in yourself. (The opposite is; consider the short-term and long-term *costs of not* creating the change or improvements in your life you want.)

Possible questions to ask a coach for get a ‘good feel’ for their style and fit for you.

- How long have you been coaching?
- What are the typical qualities, life experiences and challenges of your current clients?
- Are you certified? Getting certified? What training programs have you participated in?
- Do you attend conferences for coaches? If yes, when was the last conference attended? If not, why not? (Those that are a part of the industry, committed and contributing participate in conventions and training to stay on top of the industry trends and to continue to improve their own skills.)
- How can I contact you between sessions? (Most coaches will not have time to have ongoing conversations between sessions, however, it seems appropriate to be able to contact your coach via email or fax between sessions.)
- Give the coach a situation or scenario (that you are challenged by) and ask for their opinion on how they would or have coached someone on that issue.