

Finding the Right Coach

Checklist

There are many types and areas of coaching. That's why you need to know which coach is right for you. Things to Consider:

Ask Yourself

- Why do I need a coach?
- What would be the benefits?
- What type coach do I need (i.e. life coach, business, executive, career...)?
- What do I want to achieve with a coach?
- Am I willing/ready to do the work it will require to achieve results?
- How much time can I commit to the process?
- What can I afford?
- What qualities should the coach have to help me achieve my goal?
- What is his/her client success rate?
- What do I expect from a coaching relationship?
- What is my fear or biggest challenge? Can the coach help me in this area?
- What are 5 key questions I want to ask when I interview him/her?
- Do I have a measurable goal? Be sure to write it out so you can articulate it.
- Do I want a coach who will stretch me?
- Have I identified the overall issues/needs/goal for having a coach?

Consider the Following

- Will she/he accommodate my coaching style (ie. Phone, Online, Face-2-Face)?
- Does she/he have experience, credentials, and demonstrated success?
- Does she/he have the vision (Big Vision) to achieve my goal?
- Is the coaching relationship and time commitment a fit for me?

The Benefits of a Coach

Check all that apply to you in column 1 below.

No Coach

- Feel stuck or frustration
- Lack confidence
- Faced with barriers
- At a decision crossroad
- Ready for a change
- Have an idea
- No time to build your dream
- Don't know where to start
- Want business growth
- Desire career growth
- Need a breakthrough

Benefits of a Coach

- Gain clarity and direction
- Boost confidence, self-belief, and awareness
- Discover solutions
- Have support to navigate pitfalls
- Gain inspiration, support, and action steps
- Bounce ideas off your coach
- Increase accountability and support to build your dream
- Develop the roadmap. Receive guidance and structure
- Profit from proven processes, tools, and resources
- Navigate pathway
- Discover breakthrough solutions

If you've checked one or more of the boxes above, you could benefit from a coach. See the right column to learn how you can benefit.

Why Someone May Choose Not

- Lack desire to invest in self
- Feel can't afford a coach
- Hesitant to reveal truth or lack trust
- Don't know how to choose the right coach
- Don't know the benefits of a coach

Dreams don't work unless you do.

John C. Maxwell