



Life Presents - Choosing a Coach

Finding a Career or Life Coach is similar to finding a new physician.

Think about these things when interviewing a potential coach.

Referrals Work

- Begin by asking people you trust who they work with or if they know someone who are pleased with his/her coach
- Your friends or colleagues probably know of someone you might contact

Trust Your Intuition

- How might you feel spending a lot of time with this individual?
- Do you feel that you can develop a successful working relationship?

Reflect

- Ask yourself what you'd like to get out of the coaching partnership
 - What are your goals?
 - What changes are you envisioning?
 - What expectations do you have?

Prepare Questions in Advance

- These questions will depend on what you want from the partnership
 - How will you know that your work together has been successful?
 - What could you learn by working with this person?

Understand the Coach's Background, Expertise and Experience

- What qualifies the potential coach to work in this field?
- What training and experience has prepared the coach to be able to assist individuals like you?

Discuss Coaching Style and Methods

- The coaching approach should be clear and direct

Ask Specific Questions about Fees, Confidentiality, Policies, etc.

Ask for a Free Introductory Session

- If you have a comfortable feeling about the coach, and about the potential benefits of working with him or her, ask for a complimentary session

- Most coaches will offer a free half-hour session with a potential client
- This will give you an idea of the coach's style and what to expect

Wilma Nachsin, CCC, PHR
Certified Career Coach & Resume Writer / Professional Life Coach

Clients Nationwide

847-501-1192

lifepresents1@gmail.com

www.linkedin.com/in/wilmanachsin