



# IN SIGHT

*Helping you improve the quality of your personal & professional life.*

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## HOW TO CHOOSE A COACH

Choosing a coach, like choosing a good pair of running shoes, requires a good fit. When making your selection explore the following:

### **The coach's personal and professional style:**

- Do they really listen to what you are saying?
- Do they talk too fast? Too slow?
- Can you easily understand what they are trying to communicate?
- Do they interrupt you? If so, does that bother you?
- Do they have something valuable to say about you and your situation?
- Do you feel inspired, better, more focused after speaking with them?
- Do you agree with the coach's core principles?

### **The cost and the time commitment:**

- What is the fee and what is it based on – monthly, hourly...?
- Is the initial session longer? Does it cost more?
- How many sessions are provided, how long are they, and where will they be held?
- Will extra calls or e-mails to the coach result in additional charges?
- Is there a minimum period of time for the relationship to continue?
- Is homework required?

### **The credentials of the coach:**

- What is the coach's educational background?
- What are the coach's professional credentials?
- Is the coach certified? Where was the coach certified?
- If the coach is not certified, what in the coach's background qualifies him or her to coach?
- What is the coach's professional experience?
- Can the coach give you references for three former or current clients?

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