

How to Choose a Professional Coach

If you are ready to explore coaching, how would you find someone to work with?

If you do not have a trusted colleague who can make a recommendation, you will want to interview at least a few candidates. Here are some things to consider:

Do you know what you want out of coaching?

Consider someone who has specifically helped clients with similar challenges and growth opportunities. Is it someone who has particular background or industry experience? Someone with stylistic similarities and differences to yours?

Inquire about their coaching training.

When you work with a professionally trained coach you can expect they will be an active listener and provide valuable discussion about your objectives. You can also cover how you might address any concerns or issues that may arise to be sure to resolve them. The coach will be extremely collaborative and demonstrate an openness about your needs and concerns.



When you have a good match you will feel seen and heard – and ready to create fresh approaches and take steps to move forward toward your goals!