

What to Look for In a Coach

I recently asked a group of colleagues what they looked for when they were choosing to hire a coach. Here are their answers:

- “The coach must be congruent, giving you a sense that they believe what they are saying to you”
- “Credibility-does the coach have the skills and personality that match your requirements?”
- “The coach who challenges you most strongly is the key to greatest success.”
- “Choose someone who has a quality you want to develop”
- “Trust is the driving force that gives you the courage and faith to meet and overcome the challenges you may face in reaching your goal. To feel like you can trust your coach with your soul is the most important aspect in choosing a coach”.

SO Ask yourself these five questions when hiring a coach:

1. Are the professional credentials up to my standards?
2. What types of success have they created as a result of their coaching?
3. Are they successful in life both personally and professionally? If not, why not?
4. Can they give you five success references and can you contact them?
5. Is coaching a full time profession for them or is it just another way to make money?

Top Ten Benefits to Being Coached:

1. You stretch.
2. You persist in your goals
3. You learn to appreciate yourself
4. You have someone who is your loyal advocate
5. You have an absolute sounding board, giving honest, straight feedback
6. You have your own limits to exceed
7. You deal effectively with the time crunch
8. You learn about commitment, choice, communication and completion
9. You will experience more balance
10. You have someone to blame....not really! There is no one to blame but just new levels of accountability.