

8 Questions to Ask Your Coach

So you've just met a coach, and you're really excited to begin working with them, but you want to make sure they're the right person to get you where you want to go. Here are some good questions to decide if you're a great fit for each other:

1. What is your coaching orientation?

Some coaches focus on personal development, others on growing your business, others work from a somatic perspective, and still others work from a spiritual standpoint. Any coach has the ability to help you reach your goals, but you may best learn from one perspective or another. Knowing yourself best, you'll know which coach you will do your best work with.

2. Where did you study coaching?

There are many good coaching schools and coach training programs, and they all focus on different aspects of coaching. Some focus on the International Coach Federation's Core Competencies, others on intuition, and others on emotional intelligence. Knowing where a coach has studied will allow you to have more information about your coach so you can make a good choice.

3. Do you have a particular area of expertise or specialization?

A coach is an expert in what makes people tick and should be the expert in empowering you to be the best you can be. However, many coaches have a niche or a specialty. If this is important to you, you may want to find a coach specializing in what you need. Many coaches pursue specialized training, education and experience in a particular area. For example, business coaches may specialize in marketing, alternative funding, or list-building. Corporate or relationship coaches may specialize in non-violent communication. Life coaches may specialize in self-care or discovering your calling. A coach's expertise or specialization may help you bridge the gap from where you are to where you want to be.

4. How do you work with your clients?

Coaches explore your needs and empower you to draw your own conclusions and design your own actions. Most coaches work with their clients by phone, but some meet in person or via Skype. Coaches are collaborative, and a good coach will challenge you to do your best work instead of doing as they would do. The best way to know if you and your potential coach are a good fit is to have an in-depth conversation with them to discover if their style and expertise are a match for you and what you want to accomplish. And by the way, it's normal to feel some fear and/or excitement when you say "yes" to yourself to have the insight, breakthroughs and results you want!

5. What do you do best as a coach?

Most coaches are good listeners, so you might expect this as a skill that your coach does well, but your prospective coach most assuredly does other things well, too. They may highlight their sense of humor, their tendency to ask for big changes from you, or their passion for all things techie. You might be pleasantly surprised by what you learn if you ask this question!

6. What results do your clients achieve?

You might be more interested in business growth or you might be more interested in personal growth or having better relationships with the people in your life. Be curious about what your coach would be able to facilitate for you. But remember, of course, that your progress is entirely up to you and the amount of effort you put into the work you do together.

7. What is the length of time you recommend I work with you to gain this success?

You might notice that coaching works for you after your first conversation, but true growth takes time. Most coaches have packages or programs that they offer because they know what it takes to support you making the changes you want to see. Make sure the time you're planning to devote to this endeavor is going to be what you need and is going to produce the results you are looking for.

8. Why would you want to work with me?

Before you hire a coach, you'll want to know what they are offering you and what they expect from you in the course of your work together. Coaching is always a collaborative process, so your coach should also want to work with you. A coach who takes a strong interest in you is the best kind to have because then you will know they are looking out for your best interests, too.

There are so many other questions you might ask your coach, and once you hire them, we hope you will. The most important factor in choosing a coach, though, is being sure to find someone you feel comfortable with, connected to, and understood by. When you find your coach, you will know!

ICF Colorado

Website: www.icfcolorado.org

Email: info@icfcolorado.org