

How to Choose a Life Coach

Essential 10 Point Checklist

- 1** ASK YOURSELF: WHAT TYPE OF COACH DO YOU NEED?
Mindset Coach; Career Coach; Wellness Coach etc
- 2** DOES THE COACH HAVE A RECOGNISED ACCREDITATION/QUALIFICATION?
Preferably with an ICF approved organisation
- 3** DO OTHER PEOPLE RECOMMEND THE COACH?
Read testimonials/watch videos. Assess the feedback
- 4** DOES THEIR LIFE/CAREER EXPERIENCE RESONATE WITH YOUR NEEDS?
- 5** IS THE COACH COMMITTED TO THEIR OWN LEARNING?
Is their practice reflective? Do they have coaching supervision?
- 6** IS THEIR COACHING PROGRAM WITHIN YOUR BUDGET?
Tip: Don't compromise on quality for a small stretch in price
- 7** DO THEY HAVE A CLEAR CONTRACTING PROCESS?
Coaching agreement; easy payment process; cancellation policy
- 8** WHAT DOES THE COACHING PROGRAM INCLUDE?
Accountability? Email or SMS support between sessions?
- 9** DOES THE COACH OFFER A FREE COACHING CALL?
Is it easy to book? Post-call, did you feel coached or sold to?
- 10** ABOVE ALL, DO YOU FEEL A GOOD RAPPORT WITH THE COACH?
Trust your instinct: a good client-coach relationship is the most important factor in having a successful coaching outcome