

Are You the Coach for Me?

10 Questions to Ask When Selecting a Coach

1. If I were your client, what suggestions or strategies would you offer regarding what I've explained thus far about my situation?
2. What is your general philosophy or approach when it comes to coaching a client to become more successful?
3. What is your personal style? Directive or passive? Patient or quick? Loving or challenging?
4. What is your gift as a coach, and why? How will it help me?
5. What do you not do well, or not want to do with me as a client? Why?
6. What are you hearing in how I've presented my situation or in how I am communicating with you? Any observations? Any changes I would need to make immediately?
7. Would you want to work with me? Why? How do you know?
8. What question should I have asked you that I did not?
9. Is there anything else you'd like me to know?
10. What about your life makes you a model of balance and success? Of human imperfection?

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