



Ten Things to Consider When Choosing a Life Coach

1. What are you hoping/wanting to gain out of a coaching relationship? What is at the heart of your goals? What kind of change are you seeking in your life?
2. The type of coach you want to work with. Research, Research, Research. In addition, every coach has his or her own niche. Therefore, if you want to lose weight you may want to hire a nutrition coach whose expertise is on that. If you want to grow your business then hire an entrepreneurial coach. Also, follow your intuition.
3. How important is moving forward to you? Coaching is an investment in you. Knowing this ahead of time will help you focus on what you gain, vs. what the experience might cost. If you are dedicated to creating change in your life, knowing it is an investment vs. just spending money where you get nothing ahead of time is important.
4. Take coaches up on their free initial consultations. Subscribe to their newsletters. This is a great way to invest in yourself without spending a dime, but also a test drive to find out which coach meets your kind of style. Then you will know if you and the coach have the right mojo together. If it's not a good fit, then look more, because the right fit is waiting for you.
5. Coaching is not quick fix; it's a co-creative process, where all the action is based on you. What you put into it determines what you will get out of it.
6. Coaching is action oriented. If you are ready to move forward, create, take responsibility, and be held accountable, then coaching is for you.
7. What kind of attention do you need? Do you need 1:1 coaching, or would you do better in a group setting? Explore your options, and know what you need.
8. Your life will change if you allow it. Climbing on board for a life coaching experience will create change in your inner and outer environment. You get to raise the sails of your ship. Coaches are the path (wind) to empowerment.
9. Authentic relationships. You want to have that with your coach; this may be the person you are going to sharing your wildest dreams with. Work with whom you like! There is no pressure to go with the first person you meet. Your coach is there to make it happen. Once, again the right fit is important for you! If you feel pressure to buy, it's probably not the right coach.
10. The time we have here on the planet is going to go by anyway. It's up to you to create the best life you can. Up for the challenge? Hire a coach.