



When You Are Ready to Hire a Coach

Questions to Ask Yourself:

- Do I want to commit to making significant changes in my life?
- Do I want to commit over time to asking for what I want and shaping a coaching relationship that will support me?
- What is the balance of prescriptive (checklists, assignments, to do lists, etc.) and non-prescriptive (my agenda) coaching do I want?

Questions to Ask the Coach:

- What is your policy about confidentiality?
- What will a typical session be like?
- What is the policy on missed or re-scheduled sessions?
- Will you refer a client to another professional if indicated?

What Are the Costs of Coaching?

Intake Session (first session):

- How many hours?
- How much an hour?

Regular Sessions:

- How much an hour?
- How long are they?
- How many a month?
- What is the minimum commitment?
- Are these in person or can they be over the phone?

Telephone:

- If the coaching sessions are done over the phone, who pays for the phone call?
- How much will that be?

After Talking to the Coach

- Do I feel very confident about this coach's abilities?
- Is this the right coach for me? Are we a good fit?
- Do I want to speak with the coach's references?