

A GUIDE TO EXCELERATION

Directions for Finding a Coach

1. Identify what, specifically, you want a coach to help you do.
 - What do you expect to be the main focus of your coaching?
 - What outcomes do you hope to achieve?
 - How will a coach make a difference in your ability to achieve your vision?

2. Identify what, specifically, you want in a coach.
 - What characteristics are important to you in a coach?
 - What background, education, or experience do you want your coach to have?

3. Use the following resources to help you find names of three good coaches:
 - References: Ask around. See what response you get to the question, "Do you know a good leadership coach?"
 - The International Coach Federation (This professional association www.coachfederation.org) provides a survey to help you identify the right kind of coach, then sends you appropriate names.
 - Contact us We are happy to help you connect with the right coach. E-mail us at info@theinneredge.com.

4. Interview each of the three coaches.
 - Let them coach you a bit. Notice the impact. Does this feel like a good fit?
 - Ask about their background, education, and experience. Compare it to your needs.
 - Get logistical details about the coaching process and cost.

5. Choose a coach.