

WHAT TO LOOK FOR WHEN HIRING A COACH...



Whether you want to hire a life coach, mindset coach, business coach — or any kind of coach! — these questions will help you choose the best coach for YOU.

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1. What is their background, experience, and qualifications? Does that reflect what you actually need in your coach? Is their experience relevant to your needs? Do they put in the effort to continue to build their skills on an ongoing basis?
2. Does what this coach says and how they act resonate with you? Is it a good personality fit? Does their coaching style work with what you want and need? Who does this coach look up to?
3. What are TYPICAL results that this coach's clients experience, as a result of working with the coach? Do their typical results match up with the testimonials on their website, or do they only showcase the "cream of the crop" testimonials? Is there consistency in the type of results they get their clients?
4. What type of environment do you thrive in? Does this coach's offering fit with your needs? Are they clear about their own boundaries and what you can expect from them in terms of accountability, communication, etc?
5. Is a "coach" actually what you want and need? Do you know what you want and need? Does this coach genuinely know their skillset? In other words, are they ACTUALLY a coach, or are they a teacher, mentor, hybrid, etc? If they themselves don't provide you with all the things you need, are they okay with you having other coaches and mentors while you work with them?
6. If they are a teacher or strategist: Do they know how to teach? When you look at their social media posts or read their emails or watch their videos, is what they say clear and cohesive? Do they teach skills that are replicable in various contexts? Do their clients look like carbon copies of them?

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Or — if you're thinking about hiring Sagan as your coach — click on the links below to get details about working together:

Personal Fulfillment Coaching

Solopreneur Success Coaching

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7. How does this coach handle conflict? What do they do if their client is struggling to meet the goals they set up during coaching calls? Have they ever had to fire a client, coaching or otherwise, and what happened if they did? What do they do to prepare for coaching a new client?
8. Does their coaching style foster independence while providing you with a strong support system and guidance? Do they tell you that you need to always work with them, OR are they there to support you while also helping to get you into a place where you don't necessarily *need* to work with them to make good progress?
9. Can they meet you where you're at? Do they customize and adapt to your needs? Do they share your values? Do you feel a mutual respect between yourself and this coach?

Work with Sagan:

**Personal Fulfillment
Coaching**

**Solopreneur Success
Coaching**