

## ***Learning to Use a Coach***

Enlist a coach in times of confusion, transitioning or time of feeling stuck or times of great success and effectiveness.

Seek a coach who is certified and trained

Interview potential coaches looking for 'chemistry'

Do you feel listened to while talking with the coach?

Do you trust them?

Does the coach hear what you are saying?

Do you sense this coach can move you forward in your issues of concern?

What are some of their 'success stories'?

What are some of their challenges as a coach?

Commit to at least 6 sessions with a coach. It takes time to build trust and to experience momentum in the coaching relationship

Talk with the coach about:

What challenges you are facing?

Where do you experience connectedness in life?

Where do you experience fulfillment?

What drains your energy in career, relationships etc?

What makes you happy and energized?

What are the places in life you feel stuck or confused?

What transitions or changes are you facing with dis-ease?

What do you need from the coaching relationship to help you move forward in life, career, relationships....?

What opportunities are presenting themselves that you feel unprepared to embrace?

What skills or capacities will help you feel more prepared for the presenting opportunities or challenges?