

# CONSIDERATIONS WHEN CHOOSING A PROFESSIONAL COACH



- How long have they been coaching?
- What qualifications/training do they have?
- What other life experiences do they have?
- Do they have references/testimonials from previous clients?
- Do they have experience in the particular in which field you want to specialise?
- Are they affiliated with coaching organisations such as the New Zealand Professional Skating Association?
- Do they adhere to a code of ethics and standards?
- Do they themselves work with a mentor coach?
- Do they offer a complimentary trial session?
- What is their pricing structure?
- Do they offer face to face, phone or email meetings (for example to discuss coaching issues and progress)?
- Do they offer backup services between appointments?

And, most importantly,

- Would this person work well with me and with my child?
- Can I trust this person with matters important to me?
- Can I relate to this person?

