

*Top Questions for Hiring a Great Coach*  
*Celebrus Consulting Group*  
*Executive and Life Coaching*

---

➤ **What specific results has the coach obtained for clients?**

This is the single most important question you can ask. There are plenty of “training” and certification programs for coaches. What types of issues and challenges have they coached? What specific results has the coach demonstrated they can achieve for their clients?

➤ **Who have they coached in the past?**

Review your coach’s testimonials, and ask them if you can talk to the clients they have had, if possible.

➤ **What is the background, experience and training of your coach?**

While results are the single most critical consideration (particularly if they have helped others achieve the specific results you want), background and experience can bring additional value to your particular situation. A coach with professional business experience in dealing with individuals and teams can add significant value to your decision making in your work life and well as your personal life.

➤ **How specifically has your coach used their training to enhance their own life and contribute to others? (Does your coach walk the talk?).**

One of the fastest ways to get results is to find someone achieving the results you want and model them. How can your coach provide you with a model of how it “works” unless they have been willing to take on challenges and use the “skills and techniques” they are going to “teach” you? How important is congruency to you?

➤ **What methods does your coach use in coaching? How do they work? What are the steps required for me to get the lasting changes I want? What is the difference between “knowing what to do and doing what you know”?**

The steps you use to make lasting changes should be easy to learn and reproducible so that you can use them in the future in almost any situation you face. We all learn lots of things to “do” in our lives. We all have habits we wish to break or change. The difference is knowing how to take action on what we know we “should” be doing and to make those changes permanent. Your coach should be able to give you a clear idea of how your mind works to move you forward in your life or hold you where you are now and help you quickly tap into the resources you have to move forward to where you wish to be.

➤ **How long much coaching time did it require in order to get the results the client desired?**

Coaching is about achieving results even more quickly and effectively than you can achieve on your own. If the coaching methods aren’t rapid (and permanent), coaching can be an extremely expensive proposition. What are some of the toughest challenges your coach has successfully addressed for clients and how long did it take a committed client to make the change?

➤ **Would your prospective coach be willing to offer an introductory session in order for you to discover whether you are compatible with their style of coaching?**

Most professional coaches will offer a 30-45 minute demo session of coaching. Shop around to find someone right for you! An outstanding coach can bring significant value to your life.