

Finding the Best Life Coach

TO SUIT YOU AND YOUR BUSINESS

1. Coaching Style

TO SUIT YOUR PERSONALITY

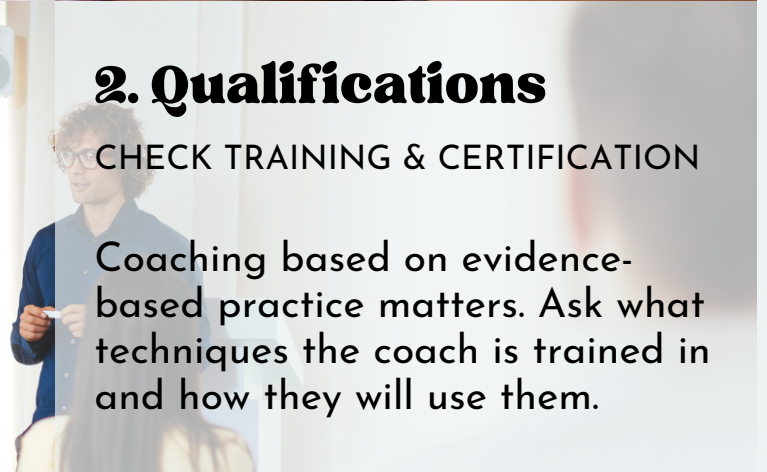
Everyone learns differently. From structured to open and free-flowing coaching, it's important that it suits your learning style.



2. Qualifications

CHECK TRAINING & CERTIFICATION

Coaching based on evidence-based practice matters. Ask what techniques the coach is trained in and how they will use them.



3. Tools & Systems

THAT THEY USE IN PRACTICE

Don't be afraid to ask your potential coach about the systems, methodologies or frameworks they use in practice.

