



7 Most Asked Client Questions About Coaching?



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Q. What exactly is coaching?

A: Coaching is a relatively new profession that has seen a dramatic rise in interest over the past few years. Coaching has evolved as a real solution and the number one choice for change. People who want to improve the quality of their life, businesses of all sizes looking to find new ways to achieve growth and blue-chip organisations who need to motivate their teams, are all tapping into the potential of coaching right now.

Coaches work with clients on all areas of business and personal life, with everything from relationships, motivation, work/life balance and self-esteem through to leadership, public speaking, goal setting and team building.

Every high level achiever understands the importance of having someone there to support them, and a coach is the modern and most efficient way of doing this. No matter how near or far you are, or you feel you are, from your goals, your coach will help you find the easiest and quickest way to create change.

Q. How does coaching work?

A: Your coach is your partner. Their agenda is only what's on your agenda. They won't judge you and they won't let you lose sight of your goals, even on a wet Monday morning! What you'll get is an ongoing supportive partnership which will help achieve the results you're looking for in both your personal and professional life.



By working with a coach you will not only achieve the results your desire, you will enhance the quality of your life and will face life's challenges with a renewed sense of optimism and motivation. No matter what your skills and resources, your coach will unlock your capabilities and open the floodgates of your unlimited potential. In short, coaching is a way of enabling you to live a life of your choosing. You can choose to achieve anything you can imagine and live a life of your design! It's all yours for the taking!

Some deep-seated emotional issues are probably best dealt with by a counsellor or therapist rather than a coach. We recommend you discuss the issue you want help with openly and honestly with your coach – they will tell you if they feel you would be best served by seeking alternative help and may even be able to recommend you to someone who may be able to help you.

Q. What about timeframe?

A: Every coach has a different perspective on how long the coaching relationship should last. We recommend you discuss this with during your first conversation.

Obviously, every client is different. Some clients want to work on a very specific 'short-term' goal whilst others need coaching over a longer period of time. However most coaches agree that the degree of change and speed of implementation is directly linked to the speed with which clients action these changes.



Q. Where and when?

A: You and your coach will devise a convenient schedule for your coaching which will be as flexible around your own needs as possible. There isn't a 'standardised' way to schedule a coaching program. Again, every client is unique. However, some coaching may be conducted face-to-face, some may be over the phone, some by email or a combination.

Q. What about cost?

A: Costs vary enormously but each coach will happily discuss their fees with you with no obligation. The following are guide prices only.

- ◆ Personal Coaching generally costs anything from £200 to £900 per month dependent on the experience, location and specialisation of the coach. Sometimes newly 'graduated' coaches who are fully qualified but looking for more experience will offer lower rates whilst they build up their coaching practice.
- ◆ Corporate/Executive Coaching generally costs from £1,000 per month as this type of coaching requires commercial experience, requires a higher time investment by the coach and sometimes needs coaching programs to be developed and delivered.
- ◆ Some coaches offer a free introductory session or consultation, which gives you an opportunity to understand more about the coaching process and how you would benefit.



Q. What to look for in a coach?

A: Before talking to any coaches, it's a good idea to try and focus your ideas on exactly what you're looking for and then identify coaches who have experience in the area you're looking for. We recommend finding out about their background, coaching qualifications, membership of coaching organisations, testimonials etc.

One of the most important criteria is rapport. Remember that you're going to be working closely with your coach and will need to be very open and honest with them. Be sure that you trust them, get on well and can imagine working with them.

However, a word of caution - don't interrogate your coach as they won't appreciate it! The vast majority are extremely professional people of absolute integrity.

Q. Who can I trust?

A: 247coaching.com's advice is to make contact with at least three coaches chosen from our directory and compare their styles and ways of working. Remember, it is your legal responsibility to verify any information contained in any profile contained on 247coaching.com. (link to t's and c's)

To find the perfect coach NOW - click here :

<http://www.247coaching.com/directory>