

A photograph of two women sitting at a table in a brightly lit room with large windows. One woman is seen from the back, wearing a dark top, while the other woman, with blonde hair and wearing a blue striped shirt, is smiling and looking towards the first woman. The room has a modern feel with a track light fixture on the ceiling and a window with sheer curtains. The overall color palette is dominated by teal and light green.

Experience coaching

for

yourself

THE TOP 5 QUESTIONS, ANSWERED

#Experience
COACHING



Coaching has helped countless people surpass their limitations and achieve their personal and professional goals. Ready to experience coaching, but not sure where to start? Here are the top five things to know:

1. What is coaching?

The [International Coaching Federation \(ICF\)](#) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership. Coaching is its own distinct profession, separate from other support professions such as training, mentoring, consulting and therapy.

2. How do I find a coach?

Finding a trained, qualified professional coach can seem overwhelming. For this reason, ICF developed the [Credentialed Coach Finder](#), a free searchable directory with listings for thousands of ICF-credentialed coaches worldwide.

3. Is an ICF Credential important?

Anyone can call themselves a coach, regardless of training or experience. An ICF-credentialed coach has met stringent education and experience requirements, and has committed to adhere to ICF's strict ethical guidelines.

4. What is the process for hiring a coach?

- Reflect on your objectives. Summarize what you want to accomplish in the coaching partnership.
- Find qualified coaches on the [ICF Credentialed Coach Finder](#), using attributes such as coaching themes, experience and location.
- Interview at least three coaches before you make a hiring decision.
- Choose the coach that best fits your goals and start your coaching journey.

5. What questions should I ask when interviewing a coach?

- What is your coaching experience? How long have you been a professional coach?
- What is your coaching specialty, or areas in which you most often work?
- Can you share specific examples of clients who have succeeded as a result of coaching?
- What types of assessments are you certified to deliver?
- Are you an ICF Member? Do you hold an ICF Credential?

Coaching is an important relationship, so look for a personal connection between you and each of the coaches you interview.



experiencecoaching.com

The International Coaching Federation (ICF) is the world's largest and most recognized organization of professionally trained coaches. Representing Executive Coaches, Life Coaches, Leadership Coaches, Relationship Coaches, Career Coaches and more, ICF's mission is to advance coaching so that it becomes an integral part of a thriving society.