# How To Choose A Coach

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## Think Collaboration and Accountability

A coach is a partner with the client or coachee in the coaching relationship.  When one chooses a partner, whether a potential spouse, girl friend, boy friend or business partner, there are criteria you usually look at.  What criteria have you used to choose partners during your lifetime?  What is foremost on your list of criteria?  Consider writing a list of 5-10 criteria and circling the ones you would not negotiate on. You are the other half of the equation.  Would you meet the criteria you propose for your partner? Your criteria will determine your expectations and your expectations will determine your comfort level in your partnership. You might consider the following criteria.   What I need from a partner is:

* Integrity
* Respect
* Compassion
* Presence
* Emotional intelligence
* Constructive criticism
* Humility
* Accountability
* Ownership

Naturally the criteria in a coach/coachee partnership will be different in some instances from your life partner relationship needs. Possible criteria for choosing a coach in addition to the ones above: One might consider

* ease of discussing ideas,
* personality type,
* credentials,
* Fee.
* preferences in phone, in person, or technology based coaching sessions,
* testimonials; references

Not only do you have the opportunity to choose the criteria for your coach, the coach has the opportunity to accept or reject you as a client based on his/her criteria.  Remember, this is a partnership.  Each one has a stake in the relationship and requires a positive outcome. The list can go on and on.  What would you consider the 5 top criteria you would not negotiate on?  What might you add to the list? **Who can benefit from coaching:** People in leadership positions, employees in small, mid or large organizations, anyone who is in transition or needs clarification to move forward in their life. Your issues can be heavy ones.  It is the coach’s goal to help you lighten your load.  It is the coach’s goal to help you develop a clear, focused purpose, broadened perspectives, and better relationships so you can live a powerful life and one you can enjoy.

### What you can expect from Isabel as your coach:

* I work hard to secure a comfortable relationship
* I put much effort into facilitating your discovery
* I am flexible in giving you the attention you require
* I will not work harder than you

### How you can get started:

Email me at: [Isabel@uniquepathways.com](mailto:Isabel@uniquepathways.com) to set up a complimentary 20 minute introductory discussion.  If we are in agreement, we will develop our relationship further by having another 35 minute discussion that will be more in-depth to help structure the format of the coaching relationship based on your unique needs.  If we see the possibility of making beautiful discoveries together, we will discuss the coaching contract. Consider the possible results of coaching in your life.  Consider living your life with a lighter feeling that will allow you to go for opportunities that present themselves each day.  I welcome your questions and will truly work with you in a partnership that you have never experienced before. Coaching will give you a new way of doing new things. ***“Do one thing every day that scares you.”-***Eleanor Roosevelt***.*** Today should be that day!!

# [Contact Isabel Today!!](http://uniquepathways.com/contact-me/)