

### **Questions to ask yourself before booking a coach**

Do I have any health issues? If so should I see my GP first?

Do I need a coach who specialises in a certain area or type of coaching?

How long has the coach been practicing?

What training has the coach had?

How does the coach keep my personal information safe?

Does the coach belong to any coaching organisations? If so which ones?

What makes the coach an expert in helping with my problem?

Does the coach provide different ways of accessing his or her services (e.g. face to face, telephone or Skype)?

Are the prices competitive and affordable?

Am I committed to the work required in a coaching contract?

How much do I want change?