

[HOW TO CHOOSE AN  
EXECUTIVE COACH]

# JOY IN THE JOURNEY

FOR PROFESSIONALS

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# EVERYONE'S HIRING A COACH...



And for good reason.

Hire a *good* one and you'll gain confidential, objective feedback and candor you are hard-pressed to find anywhere else.

Hire a *great* one and you can see your entire culture and business transform, deepen your relationships, and increase team effectiveness.

But how do you know if the coach you're sitting with is good or great for *you*?



Since 2003, I've worked with successful professionals interested in making a meaningful impact at every level. I've sat across countless leaders at countless tables. Here are the questions you should be asking to get the most out of your investment.

## Experience

- Why did you decide to start coaching professionals?
- What professional role taught you the most about mentoring leaders?
- How have you evolved as a coach over the years (e.g. what mistakes have you made)?
- How has your experience prepared you to coach someone in my role within this industry?

## Approach

- Where did you receive your coaching certification and/or formal training?
- What approach do you follow to ensure that you receive the best results?
- What does the first 90 days look like in your program?
- What kind of preparation should I be doing to flourish in your coaching program?

## Return on Investment

- ▶ How do you measure success in the first year of your coaching program?
- ▶ Where does your program typically add the most value with a leader?
- ▶ What type of client struggles to find value with your approach?
- ▶ Can I leave your program if I don't think it's providing enough value?

## Personal Connection

- ▶ How do you determine if a professional is a good fit for your approach?
- ▶ How important is the personal rapport between you and a client?
- ▶ Do you ever end a coaching relationship because you couldn't effectively communicate with a client?
- ▶ Do you become "friends" with your coaching clients?

## Life's a journey... are you enjoying it?

In an age with so much abundance, why is stress and anxiety on the rise? I've spent my entire adult life understanding why, and, more importantly, how we can reduce our stress and enjoy all our hard work.

Join the more than 1,300 professionals who have found freedom in The Achiever's Compass™. This 3-minute assessment will identify where you can focus to reduce stress, improve your relationships, and achieve success.

Take the  
Achiever's Compass™







## NEED A SPEAKER?

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Contact me directly with your event details or questions about any of the keynote topics below.

- **Stress & Burnout**
- **Recruitment & Retention**
- **Productivity & Focus**

**BOOK CJ**