

How to select a Professional Coach



I am frequently asked, "What is the best way to go about selecting a coach?" This check list details the criteria I insist on when hiring or recommending a coach.

| Criteria for selecting a professional coach: | A New Leaf Coaching: | Notes: |
|---|-----------------------------|---|
| Successful completion of an Accredited Coach Training Program (ACTP) | Yes | Coach for Life 2005 |
| Maintains current certification and membership in the International Coach Federation (ICF) | Yes | Professional Certified Coach (PCC) Valid through 12/31/19 |
| Expertise in the ICF Core Competencies , Code of Ethics and definition of coaching | Yes | Since Oct 2014 I have facilitated ICF Competency training for coaches renewing credentials Deeper Conversation Coaching |
| Earns continuing education units (CCEU) | Yes | 40+ CCEUs earned each certification period |
| Offers a complimentary coaching session to see if we are a good fit | Yes | Via phone or Skype |
| Offers extended Foundation Session to identify what is most important to the client | Yes | Special 2-hour session for each new client |
| Networks with and recommends other local coaches according to their areas of expertise | Yes | Founder, Frederick, Maryland network of Professional Coaches (5/2013) |
| Volunteers in local ICF Chapter events to promote coaching and industry best practices | Yes | Active volunteer, Community of Practice facilitator, ICF Metro DC Chapter |
| Mentored and recommended by Master Certified Coaches (MCC) | Yes | For recommendations View details on my LinkedIn page |
| Available between coaching sessions by e-mail and text for quick check-ins | Yes | ANewLeafCoaching@earthlink.net |
| Has logged at least 750 hours of coaching with a minimum of 25 clients | Yes | 1,500 hrs logged with 150+ clients |
| Testimonials and references available upon request | Yes | For references View details on my LinkedIn page |
| Creates a safe and celebratory coaching environment, honoring the client's innate wisdom | Yes | Master Certified Inspired Learning Facilitator™ |
| (Recommended) Mentors other professional coaches | Yes | April 2016 Certified Mentor Coach |
| (Recommended) Certified in assessments that assist client in clarifying goals, discovering possibilities, and planning a course of action | Yes | MBTI®, Team Dimension Profile, Change & Transition, Synchronicity Mirror®, Values assessment |



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| What does coaching cost? | | |
|--|--|--|
| One-on-one coaching by phone or Skype | \$295/hour (5 session minimum) | Or, \$2,800/10-hour package (Used in 30, 45, or 60-minute increments) |
| What does coaching include? | | |
| Specific goals, plans, and actions to move you forward | Quarterly progress celebration and review | Check-ins available between sessions |
| Identification of personal values | Supporting resources and materials | Interpretation of assessments |
| Complimentary coaching session | Access to my network of contacts and specialists | Confidentiality as dictated by International Coach Federation |

Quote for: New Client

Service: One-on-One Coaching by phone/Skype

What you should expect from A New Leaf Coaching

I hold that all of us are re-awakening to what we innately know and that my role is to provide the **focus** on your particular topic, **encouragement** along the way, and **reinforcement** as you show signs of mastering the subject that led you to coaching.

I primarily *facilitate* wisdom. More precisely, I facilitate a remembering environment.