



How To Pick A Great Life Coach

Picking the right person to partner with you to achieve personal and professional growth is very important. The following are key characteristics that I have found that great life and executive coaches have. Your coach may be very different from you in personality, background, experience but these differences can bring new perspective for you.

Here are some of the top qualities found in a great coach

- Wisdom
- Life experience
- Accepting
- Non-judgmental
- Real
- Can confront
- Appropriately direct
- Has good boundaries
- Cares about your growth
- Mature
- Insightful
- Confident
- Humble
- Spiritually, emotionally, psychologically, and relationally healthy
- Exploratory vs directive - focuses on helping you find your solutions vs focusing on the problems
- Challenges you to be a better version of yourself
- Works with you to outline clear goals for coaching and evaluates and celebrates your successes - is your cheerleader