The following five questions will help to provide clarity around your goals for coaching and whether you should find a coach and start your coaching journey.

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## **1. What are the challenges and issues that you are facing?**

Coaching is about creating change, action and accountability. There needs to be something that you want to change, be it to overcome an obstacle, solve a problem, develop new skills, or take your career to the next level or another direction. What is the change you want to initiate?

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## **2. What is the ideal situation for you?**

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If there were no challenges and no obstacles, where would your goals take you? This is what a coach will help you to achieve, or at least help you to move in the right direction towards.

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## **3. What has prevented you from experiencing these results in the past?**

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What have you tried before that hasn't worked? Perhaps you didn't know any coaches, or how a coach worked. Maybe the timing hasn't been right in the past because of personal circumstances.

*"The best time to plant a tree was twenty years ago. The second-best time is now."*

* Chinese Proverb

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## **4. What is at stake if nothing changes?**

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Coaching is a commitment in terms of your time, energy, emotions and money. What if you embrace the status quo? Would that be ok? If so, what you might be seeking may not be a coach.

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## **5. What is your sense of urgency?**

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What is it that makes this important right now? If there is no reason to get started now and challenge the status quo, then you may not need a coach at this time.