

YOUR COACH CHECKLIST

Do you have an issue / question you'd like to work on with an executive coach?

That would be a wise choice, because a good coach helps you think from a different perspective. A good coach will surprise you, amaze you and inspire you. And good coaches know their own professional limits.

TIP: be objective when choosing your coach!

What should you keep in mind?

- Coaching education – at least a bachelor's degree
- Years of coaching experience
- Type of coaching (life coaching is totally different from executive coaching)
- Types of clients
- What working procedures does the coach follow?
- What do other clients have to say about this coach? (read recommendations on LinkedIn)
- Quality mark: is the coach affiliated to a professional organization? The NOBCO for example: Nederlandse Orde van Beroepscoaches (Dutch Association of Professional Coaches) / EMCC: European Mentoring & Coaching Council.
- Does the coach endorse a professional Code of Ethics?
- Is there a Complaints Committee you can turn to?

Are you sure you are involved with a professional coach who takes his profession seriously? Of course, you must never forget to take into account the "click" between you and your coach. Without that, you will not be able to be honest with each other and the coaching will be shallow, superficial.

Are you interested in Annejet de Blécourt's executive coaching?

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