

5X E

Selecting a **COACH** that accelerates your **RESULTS**

- 1 Explore** their coaching history and experience. Someone who has done it before will be able to ask you more insightful questions to help you find your path and achieve your goals. They may even be able to play a mentor role to shortcut your path to success.
- 2 Ensure** the coach has the courage to challenge you. Your coach is not your friend; their purpose is to continually challenge you to grow, to move past any blocks, and to highlight any blind spots.
- 3 Engage** directly with the coach to determine fit. When you have chemistry with your coach, your journey is much more enjoyable.
- 4 Evaluate** your feelings of safety and your capacity to be vulnerable with them. An effective coach will foster a safe environment for you to share your dreams and insecurities with them without holding back.
- 5 Expect** your coach to be committed to you and your goals. Select a coach that believes in you and pushes you to achieve the goals you desire.

