



Getting into Coaching

I. Getting clear about the decision to become a coach

Questions to consider:

- ❖ What draws me to coaching at this time?
- ❖ What information do I need to make a decision about becoming a coach?
- ❖ Other questions?

Action Steps:

- ❖ Interview coaches to learn about what they do and the path they took to get there
- ❖ Hire a coach to gain clarity and experience being in the client's shoes
- ❖ Other steps

II. Getting trained as a coach

Questions to consider:

- ❖ How do I know if coach training is really necessary?
- ❖ How do I decide what training program is right for me?
- ❖ Other questions?

Actions Steps:

- ❖ Interview coaches to learn about the training they received (if any)
- ❖ Go to the ICF website (www.coachfederation.org) to research the coach training programs accredited by the ICF
- ❖ Consider the following:
 - Focus of program (life, executive, etc)
 - Cost
 - Time required (both training and homework)
 - Location
 - In person or by teleconference
 - Profile of other trainees (if available)
 - Other considerations
- ❖ Other steps

III. Getting a plan in place to move forward

Questions to consider:

- ❖ What's my time frame for becoming a coach?
- ❖ What resources, support, etc do I need to move forward?
- ❖ How will this change impact my life?
- ❖ Other questions?



Action Steps:

- ❖ Take inventory of current finances, particularly if moving to self-employment or moving from full-time to part-time
- ❖ Consider a range of employment possibilities while going through coach training, getting coaching business up and running (18 – 36 months)
- ❖ Other steps

IV. Getting connected

Questions to consider:

- ❖ Who can I connect with in my area to build a professional coaching network?
- ❖ Other questions?

Action Steps:

- ❖ Connect with the coaches from tonight's event
- ❖ Go to the website for the Philadelphia Area Coaches Alliance and sign up for a monthly dinner meeting - www.philadelphiacoaches.org
- ❖ Explore other local professional associations where coaches participate (ASTD, PRODN, ACP)
- ❖ Other steps