

## How to select a Professional Coach

I am frequently asked, "What is the best way to go about selecting a coach?" This check list details the criteria I insist on when hiring or recommending a coach.



<b>Criteria for selecting a professional coach:</b>	<b>A New Leaf Coaching:</b>	<b>Notes:</b>
Successful completion of a Level 2 or <a href="#">Accredited Coach Training Program</a> (ACTP)	Yes	<a href="#">Coach for Life</a> 2005
Maintains current <a href="#">certification</a> and membership in the International Coach Federation (ICF)	Yes	Professional Certified Coach (PCC) Valid through 12/31/25
Expertise in the <a href="#">ICF Core Competencies</a> , <a href="#">Code of Ethics</a> and <a href="#">definition of coaching</a>	Yes	Since 2014 I have regularly facilitated multiple ICF Accredited programs, including Ethics
Earns continuing education units (CCEU)	Yes	40+ CCEUs earned each certification period
Offers a complimentary coaching session to see if we are a good fit	Yes	Via phone or Zoom
Offers extended Foundation Session to identify what is most important to the client	Yes	Special 2-hour session for each new client
Networks with and recommends other local coaches according to their areas of expertise	Yes	Founder, Frederick, Maryland network of Professional Coaches (5/2013)
Volunteers in local ICF Chapter events to promote coaching and industry best practices	Yes	Volunteer, Group Mentor/CCEU facilitator, ICF Maryland and ICF Metro DC Chapters
Mentored and recommended by Master Certified Coaches (MCC)	Yes	For recommendations <a href="#">View details on my LinkedIn page</a>
Available between coaching sessions by e-mail and text for quick check-ins	Yes	ANewLeafCoaching@earthlink.net
Has logged at least 750 hours of coaching with a minimum of 25 clients	Yes	2,000 hours logged with 200+ clients
Testimonials and references available on <a href="#">website</a> and on <a href="#">LinkedIn</a>	Yes	For references <a href="#">View details on my LinkedIn page</a>
Creates a safe and celebratory coaching environment, honoring the client's innate wisdom	Yes	Master Certified Inspired Learning Facilitator™
(Recommended) Mentors and Evaluates other professional coaches	Yes	2016 Certified Mentor Coach, 2020 Mentoring Competency Update, 2022 Advanced Mentor Training
(Recommended) Certified/experienced in assessments that assist client clarity around self-awareness, clarifying goals, discovering possibilities, and planning a course of action	Yes	MBTI®, Team Dimension Profile, 360-degree, DiSC®, 5 Behaviors of a Cohesive Team®, Change & Transition, Synchronicity Mirror®, Values assessment



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<b>What does coaching cost?</b>		
One-on-one coaching by phone or Zoom	\$300/hour (6 session minimum)	Or, \$2,750/10-hour package (Used in 30, 45, or 60-minute increments)
<b>What does coaching include?</b>		
Specific goals, plans, and actions to move you forward	Quarterly progress celebration and review	Check-ins available between sessions
Identification of personal values	Supporting resources and materials	Interpretation of assessments
Easy on-line scheduling, 24/7	Access to my network of contacts and specialists	Confidentiality as dictated by International Coach Federation

**Quote for:** New Client

**Service:** One-on-One Coaching by Phone/Zoom

**What you should expect from A New Leaf Coaching**

I hold that all of us are re-awakening to what we innately know and that my role is to provide the **focus** on your particular topic, **encouragement** along the way, and **reinforcement** as you show signs of mastering the subject that led you to coaching.

I primarily *facilitate* wisdom. More precisely, I facilitate a remembering environment.