

## Questions About Coaching?

If you have more questions about working with a coach or would like to discuss your current situation or challenges, please contact:

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International Coach Federation

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## ICF – The Global Voice of Coaching

ICF is truly an international organization, with over 11,500 members in more than 80 countries. Our members represent the following nations:

Argentina	France	Lithuania	Russia
Australia	French Polynesia	Luxembourg	Saudi Arabia
Austria	Germany	Malaysia	Singapore
Bahamas	Ghana	Mauritius	Slovakia
Bahrain	Greece	Mexico	South Africa
Barbados	Hong Kong	Monaco	South Korea
Belgium	Hungary	Morocco	Spain
Bermuda	Iceland	Namibia	Sweden
Brazil	India	Netherlands	Switzerland
Canada	Indonesia	New Zealand	Taiwan
Chile	Iran	Nigeria	Thailand
China	Ireland	Norway	Trinidad & Tobago
Colombia	Israel	Pakistan	Tunisia
Costa Rica	Italy	Panama	Turkey
Croatia	Jamaica	Peru	United Arab Emirates
Cyprus	Japan	Philippines	United Kingdom
Czech Republic	Kazakhstan	Poland	United States
Denmark	Kuwait	Portugal	Vanuatu
Ecuador	Latvia	Puerto Rico	Vietnam
Egypt	Lebanon	Qatar	
Finland	Liechtenstein	Romania	

## A Guide to Choosing a Professional Coach



  
International Coach Federation

## What is the International Coach Federation?

Founded in 1995, the International Coach Federation (ICF) is the leading global organization dedicated to advancing the coaching profession by setting high standards, providing independent certification, and building a worldwide network of credentialed coaches. With more than 11,500 professional personal and business coaches representing over 80 countries, the ICF is the voice of the coaching profession.

## What is Coaching?

Coaching is partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.



## What are the Benefits of Hiring a Coach?

Individuals who engage in a coaching relationship can expect to experience fresh perspectives on personal challenges and opportunities, enhance thinking and decision making skills, improve interpersonal effectiveness and increase confidence in carrying out their chosen work and life roles. Consistent with a commitment to enhancing their personal effectiveness, they can also expect to see appreciable results in the areas of

productivity, personal satisfaction with life and work, and the achievement of personally relevant goals.

Many businesses have increasingly turned to coaching to help meet the variety of challenges that face today's managers and executives. Coaches assist individuals within an organization, as well as entire organizations, to achieve increased performance, improve retention and morale and develop greater employee

commitment through helping individual employees find greater satisfaction in their roles.



## How do I Choose a Coach?

The most important thing to look for in selecting a coach is someone with whom you feel you can easily relate to and create the most powerful partnership. Here are some questions you may want to ask prospective coaches:

- What is your coaching experience? (number of individuals coached, years of experience, types of situations)
- What is your coach-specific training? (enrolled in an ICF accredited training program, other coach-specific training, etc.)
- Do you hold an ICF credential? The International Coach Federation recommends consumers work with ICF credentialed coaches.
- What is your coaching specialty or areas with which you most often work?

- What specialized skill or experience do you bring to your coaching?
- What is your philosophy about coaching?
- What is your specific process for coaching? (how sessions are conducted, frequency, etc.)
- What are some coaching success stories? (specific examples of individuals who have done well and examples of how you have added value)

## What is an ICF Credentialed Coach?

A coach who has been credentialed by the International Coach Federation has completed stringent education and experience requirements and has demonstrated a strong commitment to excellence in coaching.

Coaches who have been credentialed by the ICF have received coach-specific training, achieved a designated number of experience hours and been coached by a mentor coach.

## Why Choose an ICF Credentialed Coach?

The International Coach Federation's rapid expansion indicates worldwide recognition of the value of ICF credentialed coaches. Why choose a coach and have to wonder about their qualifications? When you choose an ICF credentialed coach, you can enter the coaching relationship with peace of mind.

For more information on the International Coach Federation or to search for an ICF credentialed coach, visit [www.coachfederation.org](http://www.coachfederation.org).