

Why should I have a coach?

- Something isn't working
- You want to achieve something and you don't know how to do it
- You need support – you feel isolated
- A coach isn't always the right solution
- 3 basic questions to assess if you need a coach
 - What is the area that you require support/clarity/focus/help?
 - Who should I go to?
 - How do you want them to help you?

