

*The nine*  
**QUESTIONS YOU  
MUST ASK BEFORE  
YOU WORK WITH  
ANY COACH THIS  
YEAR**

FREE CHEAT SHEET

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## ***#1 What problem or challenge do you need to solve in your life or business?***

Are you struggling to know what strategies will help you grow your business? Or do you need helping living life more authentically and incorporating your values into your business? Or perhaps you need support in overcoming toxic habits and gaining more clarity and confidence in your personal life? Only you will know the real challenges that are stopping you from living your ideal life. Spend some time getting as clear as you can on this as it will help you to choose the right coach for you.

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## ***#2 Are you truly committed to making any necessary changes?***

Coaching is a future-focused, intensely empowering experience that WILL create results and uplevel your life, but it does require commitment from YOU. Most coaches will meet with you either face to face or virtually (over Skype or Zoom for example) weekly, fortnightly or monthly and there should be homework for you to complete to consolidate your coaching sessions. This will usually be actions you'll take or changes you'll make in your life or business that will move you closer to overcoming your challenges and meeting your goals. Are you ready and committed to making change in your life?

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### *#3 What type of coach will help you overcome your particular challenges?*

There are LOTS of different types of coaches – business coaches, fertility coaches, life coaches, mindset coaches... if you can think of a challenge, there is likely to be a coach out there who can help you solve it. (For example, when I work with my clients I have a 4-step system to skyrocket their Clarity, Confidence, Courage and Consistency. I help them to gain clarity and focus, rediscover their purpose and passion, boost their confidence, create real change and start playing bigger in their business AND their life.) Looking at your answer to question #1 above, what type of coach is going to be able to support you best?

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### *#4 Are you more excited by a group coaching program or one-on-one support?*

While most coaches will have a one-to-one program, many also have group programs which allow you to have both one-to-one coaching and/or group coaching with others who are facing the same or similar challenges to you. This can be a great way to see your problems from a different perspective and you can definitely benefit from listening while someone else is being coached or sharing their story.

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## *#5 What is your financial position vs your potential coach's offering?*

Coaching is a worthwhile investment and working with the right coach will have a huge positive impact on your business AND your life, but it's important to make sure that you have the budget for it. Some coaches (me included) allow you to spread the cost over weeks or months. This should be clear on their website, but if not it's a good question to ask on a discovery call with them.

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## *#6 Are you happy with your potential coach's level of qualification?*

Coaching is currently an unregulated industry which means that anyone can set themselves up as a coach without training or qualifications. This doesn't necessarily mean that they won't be a good coach, but a certified or accredited coach has to go through a prescribed training course and have certain a level of experience. All of which can give you that extra confidence before you commit to working with them. The main certification bodies are: The International Federation of Coaches (ICF), The Association for Coaching (AC), The International Authority for Professional Coaching & Mentoring (IAPCM). For example, I am a full member of the AC and my certification is with the IAPCM.

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## *#7 Is your potential coach getting results with their clients?*

Reading a coach's website is a good way to learn about what they offer, but you'll also want to know what results their other clients have had. Any good coach will be happy to share testimonials either on their website or personally if you ask them for references. Look for clients that had similar challenges to the ones you're facing now.

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## *#8 Can you book a taster session or discovery call before you hire a coach?*

Testimonials can tell you that other people are getting results with a coach, but there really is no substitute for talking to them yourself. I know, it's a bit scary when you don't know what to expect, but most discovery calls are just a way for you to get to know your coach a bit better, to ask any questions you might have and to decide if you're a good fit for each other. After all, you're going to be spending time together each week or month so it's important that you get along!

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## *#9 Can you wait 24 hours before you make a decision to hire a coach?*

Some coaches will HATE me for telling you this, but that's because their marketing and sales are based on 'click bait' – that webinar, video or ad that makes you feel like you have to sign up for their programme immediately or you'll miss out. You know what I mean right? But any truly professional coach will know how important it is for you to be 100% committed to your growth and success BEFORE you start working with them. And for the right coach, 24 hours (or longer) won't change that.

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*Add your own questions here...*

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# *Hey there, I'm Michelle*

*I believe everyone has their own brand of magic...*

... and I'm passionate about helping you release that into the world with clarity, confidence, courage and consistency.

You have the potential to play HUGE in your business AND your life. To claim success on your own terms with clarity, confidence and courage and to enjoy every minute of it without apology. To draw your tribe to you and inspire THEM to soar. To step up and out and blow your own mind.

## *What's holding you back?*

**If you're reading this, you know you're ready. But something's been holding you back.**

There are hundreds of self-help books, courses and articles that can tell you how to make the changes you need to make, but you're still not making progress #frustrating

I know what it's like to be overwhelmed, doing ALL the things but going nowhere fast. Therapy got me functioning again but it took 8 happiness habits and a simple 4-step system to go from functioning to fabulous. (And to writing my book.)

**Why not try out your 9 questions and book a free clarity call with me?**

We'll figure out what's really holding you back and the steps you can start taking today. You'll also get a taste of what coaching with me is like, we'll get to know each other and see if we're a good fit to continue working together now or perhaps in the future.



**BOOK YOUR  
FREE CLARITY  
CALL HERE**