

Coaching

Boost Your Career: Find and Work With the Right Coach

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Unlike therapy or mentoring, coaching is goal-directed and results-oriented, offering tools, structure, and an accountability that let you uncover and dismantle obstacles to your success.

Career coaches can help with advancing your current career, or with making a career change. There are career coaches who specialize in particular industries, in government and policy careers, and in non-profit or academic careers.

What makes a good coach?

A good coach is client-focused, knowledgeable, experienced, and empathetic. A good coach quickly identifies the places where you need to strengthen and develop, and gives you the structure and support you need to accomplish your goals.

Homework and honesty is required.

Even with the best coach, what you get out of coaching is directly proportional to the amount of work you put in to it. You'll need to listen to your coach and do what your coach tells you to do – even when you're feeling resistant and reluctant. Remember, you are paying this person to move you out of your comfort zone, to make you uncomfortable, so you have to be willing to experience that discomfort and learn from it. Be honest - tell your coach the truth about what is going on for you, what you are feeling and thinking, what you have done or not done, and what kind of results you are getting.

Where do I find a coach?

To find a coach, it's best to use your personal and professional networks. You may know someone who has benefited from coaching, and who will recommend their coach. Check with your employer to see if they offer coaching or can recommend a coach.

Why use a career coach?

When your career needs a boost, when you're stuck and need some fresh ideas and insights, or when you just don't know what it is you really want, working with a coach can help.

Do internet searches for coaches who specialize in the kind of coaching you are looking for. When you find a coach who seems appealing, read what they've written, and, if possible, take a webinar, workshop, or course with them.

Once you've narrowed your search, schedule consultation calls. Most coaches do not charge for these. This is a chance for both of you to ask questions and determine if the coach's expertise and approach is the right one for you.

Approximately how much does coaching cost?

The cost of coaching varies, and you can expect to pay around \$150 per session. Many coaches offer a discount for multi-session packages. If cost is a deterrent, ask about discounts or less costly options such as group coaching, workshops, or courses.

If you not sure it is worth the expense, ask yourself "What is it costing me to have my life stay the way it is?" If you want to make a change in your life and need the support and expertise of a coach to make it happen, consider what it is costing you in terms of your mental, physical, emotional, and spiritual health? What is it costing your loved ones and friends? Are you – a happy, productive, satisfied you – worth it? ■ ▶ ▶ ▶