

5 Questions to Ask BEFORE you hire a Life Coach

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Hello!

Hiring a Life Coach is a choice of remarkable courage.

It means you have an awareness that something is not working as it should and that YOU are probably the one standing in your own way.

It also means that you love yourself enough to reach out for guidance and support, and that you are ready, willing to make changes in your life.

If so, **you are in the right place!**



Sarah Ceo

*Traditional Usui Reiki Master Teacher,
Holistic Life Coach & Yoga Teacher*

A stack of dark, smooth stones is centered in the upper half of the image. The background is a soft, out-of-focus green. The stones are stacked in a slightly irregular manner, with some larger than others. The overall mood is calm and natural.

Question #1

What's is the Foundation of their Coaching Style?

Life Coaching is meant to be a Healing Journey of Transformation and Growth. A coach must be clear, confident, challenging, caring, constructive, considerate, conscientious, committed, cheerful and calm.

Some coaches are 'goal oriented' or 'performance focused' while others, like myself, are more focused on solving the 'root cause' of the energy that is preventing you from being in alignment with your Soul and helping you create NEW Energy patterns to manifest your Heart's desire.

Question # 2

What is their professional background?

How we do anything is how we do everything. If a coach has a professional business background, they might have a very rational approach to coaching and could be a good fit helping you set deadlines and accomplish specific goals.

However, a coach like myself, whose background is in Yoga and Energy Healing will be more focused on helping you connect with your own inner wisdom and intuition, find balance in your life, and create harmonious relationships.

Question # 3

Have they done what you want to achieve?

Someone can not give what they do not have. If a coach is trying to fix someone else's problems because they are avoiding their own problems, their coaching will be ineffective and counterproductive.

For example, I have personally done over 13 years monastery style training to become a Traditional Usui Reiki Master Teacher & Holistic Life Coach. I have transformed my own negative imprints and done the work to create a life full of love, peace, abundance and joy.

It is from this place that I humbly offer guide you and help you create true, sustainable healing and transformation.



Question # 4

What is their experience helping people achieve the same goal as you?

Experience matters. Ask your coach for testimonials of students who they have coached and helped achieve what you are looking to achieve.

It took a lot of practice and dedication to improve my skills as a coach to be able to guide students from a place of love and wisdom. I now lead the way with confidence because I have helped hundreds of students heal and transform their lives.

A person with long, reddish-brown hair is seen from the back, looking out at the ocean. The sky is a mix of light blue and orange, suggesting a sunset or sunrise. The person is wearing a light blue long-sleeved shirt. The overall mood is contemplative and serene.

Question # 5

Does the Coach have a Coach?

The journey of transformation and improvement is infinite. Oftentimes, as we heal and improve, we can help others because we know the way. But all coaches are humans too. As long as we are on this Earth, there will ALWAYS be things to learn, improve and transform.

It is absolutely necessary that the coach has a coach. Guiding and helping others is not an easy journey. There is always the possibility of projections and transference. I personally always choose to have someone who can help me see outside my own bubble of perception and I am continuously learning new tools to improve my skills so I can better serve my students.

Let's Chat...

I have helped hundreds of students to transform their lives by getting to the root cause of the energy imbalance that is creating their reality.

If you are looking for deep healing and transformation, look no further!

Follow me here to book a call and see if we are a good fit to work together...

[BOOK A CALL WITH SARAH](#)