



Learning Resource Guide: Finding a Coach

What is coaching?

The International Coach Federation (ICF) defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. The process of coaching often unlocks previously untapped sources of imagination, productivity and leadership.

Resources to help you find a coach

One of the most important things for you to consider in your process of finding a coach is to plan on interviewing two to three different coaches before selecting your coach. A successful coaching relationship is built on mutual accountability, mutual trust and mutual freedom of expression. Interviewing different coaches will help you select the one that will work best for you in your current context.

The 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 trained coaching professionals. You can access their coach finder tool here: <https://coachfederation.org/credentialed-coach-finder>

You can find out more information on coaches who focus on clergy at the following sites:

Clergy Coaching Network: <http://www.clergycoachingnetwork.com>

Ministry Architects: <https://ministryarchitects.com/executive-coaching/>

Clergy Life Coaching: <https://www.clergylifecoaching.com/>

Active coaches in the Minnesota Annual Conference:

Coach	Coaching Focus	Contact Information
Greg Eaton	Soul Leadership, Holistic Leadership	greg@eatonandassociates.com / 847-507-4051
Cindy Gregorson	Leadership & Congregational Coaching	cindy.gregorson@minnesotaumc.org
Bill Lewis	Leadership Coaching	bill.lewis@opexrealization.com / 612-845-4638
Debbie Okerlund	Peer Coaching Circles	debbie@leadwithagility.com / 612-798-4908
Jody Thone	Leadership Coaching	jody.thone@minnesotaumc.org

Questions to ask a potential coach

1. What is your background and work experience?
2. Why did you become a coach?
3. What is your coaching experience?
4. What is your coaching specialty or the areas with which you most often work?
5. What is your approach or philosophy about coaching?
6. What are some coaching success stories?
7. What are some examples of failure as a coach or a situation that you felt like you failed in?
8. Can you tell me a time when you pushed a client out of their comfort zone?
9. How will you know if I am the right coaching client for you?
10. What is your coaching process?