



Top 7 Questions to Ask Before Hiring a Life Coach

If you're investing your time, energy, and money into personal growth, you want to make sure you're partnering with someone who *actually* gets you and can guide you where you want to go.

Before you sign on the dotted line, here are **7 smart questions** to ask any potential life coach:

- **What type of coaching certification or training do you have?**
(Pro tip: Look for coaches who have real, credible training — not just a good Instagram feed.)
- **What coaching methods or tools do you use?**
(You want someone with a toolkit, not just “rah-rah” motivation.)
- **What does a typical coaching session look like?**
(Transparency matters — you should know what you're signing up for.)
- **How do you measure progress with your clients?**
(A good coach helps you create real wins — not just feel-good chats.)
- **Can you share success stories or client testimonials?**
(Proof that their approach actually works.)
- **What's your approach to accountability?**
(You're hiring a coach, not a cheerleader. You want someone who will lovingly call you *in* and *up*.)
- **How do you customize your coaching to fit each client's unique needs?**
(Because one-size-fits-all coaching? Hard pass.)

Bottom line:

You deserve a life coach who's the *right* fit — someone who gets your vibe, believes in your potential, and knows how to help you get there. Asking the right questions is how you make sure you're choosing wisely.