

Matching Your Style

There is more to learning than listening and reading! You want your journey to become a coach to be challenging, enriching, fulfilling and joyous. As you perform research on the coach training programs that most interest you, arrange time to speak to a faculty member. In this conversation, you can investigate what might make this program perfect for your learning. Pay attention to:

- **Values:** What do you value most in your life? What does the coach training program value? Are they a match? What is the mission of the program? Is it a mission that motivates you to sign up, or is it one that doesn't interest you much? For example, if you value pragmatism and achievement, and plan to be an executive coach, you may not be interested in a program that values spirituality and altruism, with a focus on growing self-awareness and tapping into the energy of the universe. On the other hand, if you are focused on self-awareness, spirituality and to inherent goodness of mankind, and would like to be a spiritual coach, a program that is geared towards training internal executive coaches, with little to no business training may not be a good fit for you.
- **Learning Style/Preference:** How do you enjoy learning? Do you like many people in a class, or do you prefer small classes with more one-on-one attention? Do you want face-to-face training or is online webinar training better for you? Or a combination of the two? Do you learn well with lectures? How much interaction do you like? How much practice? Are you a visual learner, or an audio learner or a kinesthetic learner? How does the program present their learning? Be very clear on how you learn best, and consider the style of training offered by the programs that interest you.
- **Training Philosophy, Approach:** How does the program train? Do they offer training in a classroom with 30 other students, listening to lectures and reading lots of coaching books? Or do they offer small classes or even one-on-one training with a lot of interaction and practice? How interactive is the program? How often do they meet? How do they ensure putting into practice what is learned? If you plan to have your own coaching business, how strong is their business training?