

## **How do I know which coach is right for me?**

With such a great team, it can be hard to decide on a coach. Each of the coaches participating in the AWIS coaching program has completed a coach training program accredited by the [International Coach Federation](#). In addition, each of the coaches has extensive experience working with professional women at various stages in their careers. Some of the coaches have specific education, training and work experience in a science, technology, engineering or math field.

Here are a few ideas to help you determine which coach is right for you:

1. Think about why you want to work with a coach: Are you looking for a new position? Do you need to improve your leadership, communication or conflict skills? Do you want to improve your work-life balance?
2. Think about how you would like to work with a coach. Do you prefer to work with a coach individually or in a group setting with like-minded professionals?
3. Take some time to read through the biographical information, client testimonials and supplemental information for each participating coach.
4. Schedule an introductory session to see if a particular coach is a good fit for you (\$65 for AWIS members/\$85 non-members).

If you'd like to contact client references for a coach, email Pam Williams at [coaching@awiscoaching.org](mailto:coaching@awiscoaching.org) with *the coach's name – references* in the subject line.

Need more help? Call Pam Williams at 727-393-2341.