



Questions to ask when interviewing a coach

*Building a strong relationship with a coach increases successful outcomes.
Schedule an initial 30-minute interview at no charge to learn more.*

Potential interview questions you might consider:

1. What is your coaching philosophy, approach, and style?
2. How do you balance confidentiality when a supervisor is part of the overall process?
3. How do you contribute to establishing trust within a coaching relationship?
4. One of my objectives or goals through coaching is to _____, How would you suggest approaching this activity through a coaching model, and how have you helped those with similar goals?
5. How do you hold me accountable? What assessments are available to demonstrate feedback and progress? How will these be shared?
6. Are coaching sessions held weekly, bi-weekly, monthly, or other?
7. What is your availability (on-call, by appointment only, etc.)?

Reflect on your conversation:

1. Take account how the coach listened during the conversation. Did they ask good questions that are straightforward and not overly complicated?
2. Were you and the coach aligned during the conversation?
3. Did you keep thinking about your conversation in a positive manner after the call?
4. Do you feel that the engagement with this coach would be productive?

Once you have identified a coach you would like to work with return to humanresources.ku.edu/ku-coaching-programs to complete a request form to begin.