

# FIND YOUR COACH



*“Every experience God gives us, every person He puts in our lives is the perfect preparation for the future that only he can see.” – Corrie Ten Boom*

Congratulations on getting to the point in your life where you’re willing to take this significant step in your personal progression! Reaching out for a life coach to support you in accomplishing your life goals can be a very empowering experience. However, the search for the right mentor or program can be a bit daunting, especially if you’re new to the coaching industry.

In fact, doing a simple internet search can present you with overwhelming options like misleading ads, monster lead generating companies, and coaches with unrelated niches and big promises. All of this may cause you to want to turn off your computer altogether and just walk away in frustration.

***Stay with us. There’s hope.***

This is why we created this document; to be a source of information to give you the courage to move forward. Take a deep breath. You can do this! Ask for divine guidance and open your eyes as you start your journey in finding your “person” or custom intervention. Miracles happen when you start moving your feet with confidence and resolute intentions.

*Remember, the objective of My Reinvented Life is to be a financial support to individuals experiencing cultural transition who would like to be supported by life coaching. The MRL Endowment is focused on gifting coaching offerings that are not covered by traditional insurance.*

## LET'S GET STARTED

1

### GET CLEAR WITH WHAT YOU WANT TO ACHIEVE.

Here is the first thing we advise: get clear with what you want to achieve. Ask yourself the question, “how would my life look different if I was 100% successful with my coaching experience?”

If your mental list is long, only start with three objectives and see if you can find a particular coaching niche to meet those needs. Thankfully, many coaches have the ability to start with something small. Then, they will help you grow your vision in an organic process of discovery.

*Remember, as you complete the MRL pre-work sheet (emailed to you prior to your consultation), it will become much easier for you to articulate your desired results.*

2

## CONSIDER ANY PARTICULAR NEEDS YOU MIGHT HAVE

Second, consider any particular needs you might have, such as language barriers, cultural understanding, geographical distance, desired coach gender, or issues around feeling safe. You may not find someone to meet all your specifications, but you should be in a position to ask for what you would prefer nonetheless. A good coach can often help you supplement additional requests in creative ways.

3

## START YOUR SEARCH

Third, start your search!

### Referrals

The best way to find a great coach is through personal referrals. Hopefully, someone with a similar past as yours, who has gone through a successful coaching experience, can steer you in a positive direction.

### Coaches Guild

If you're starting cold turkey, the MRL Coaching Guild may be a good place to browse. This is a community of coaches and practitioners affiliated with My Reinvented Life. They are passionate about furthering our cause to support individuals experiencing cultural transition.

### Internet Search

If you'd like to explore personal coaches near you, the internet can be a great place to start. . . with a few tips to consider:

- 1 For independent coaches, use key search phrases such as "life coach" or "transitional coach". Read their website description to see if their services might be a fit for you. They may specialize in things like career change, trauma recovery, relationships, or spirituality. You might resonate with one or two of those niches. Look closely at testimonials and consider making a call or even scheduling a free consultation.

- 2 If your desire is to only work with a certified coach, we recommend doing a search on the International Coaching Federation website: [credentialedcoachfinder.org](http://credentialedcoachfinder.org). On this search engine you can choose your level of coach, specific services, desired experience, demographics, standard rates, and custom needs. They have an international reach, which may be a good fit for many of our participants. Also, feel free to search for other accreditation programs/companies.
- 3 Be cautious about adding your information into most large lead-generating coaching companies as it could be difficult to reach a live person and you may have to endure an uncomfortable amount of computer-generated calls and emails. These companies usually pop up first as advertisements when you do an internet search.
- 4 Don't rule out online coaching programs. These often entail watching a coach on line and following specific assignments week after week. You may not get much personal time (if any) with the coach, but some curriculums are very good and focus on rescripting destructive belief systems as well as rebuilding your life. More and more of these kinds of mass-coaching opportunities are popping up and some of them are very effective. Again, be cautious about giving your personal information to them before letting us take a look at their program first.
- 5 Some coaching interventions start with an in-person workshop followed by application coaching. If the content is specific to your desired needs, this can be an effective option.
- 6 Thinking outside the box, such as using practitioners who focus more on the spiritual side of change, could possibly be a match for you. Ensure that what they offer is in alignment with your core beliefs, the ones you don't intend to change, and move forward with courage and on going discernment.

## 4

### SEND INFORMATION TO YOUR MRL REPRESENTATIVE


Fourth: when you feel you have found a couple good options that you'd like to consider, please send the coaches' information to your MRL representative. As a final safety net, we will interview the coach or research the program before we move forward on your behalf. Even though it is the responsibility of the participant to make the ultimate decision on the coach he or she would like to use, we would like to ensure that our participants are set up to succeed with as much intentional pre-work as possible.

# 5

## KEEP PRICING IN MIND

Fifth: Remember that the MRL Endowment does not exceed \$2000. As you look at the costs for your desired coaching interventions, select a package that does not surpass this price point. In addition:

- 1** Many programs will offer multiple coaching packages. It's a good idea to start with the smallest package to ensure that you have ample time and experience to see if he/she/it is a good fit for you.
- 2** If your desired program exceeds the endowment amount, consider asking your coach to donate the additional weeks of service to our non-profit. The coach's gifted time/expense may become a tax-exempt donation.
- 3** If, at any point in your program, you feel that your coach/program is not a good fit, contact MRL within 48 hours. A request for reimbursement will be sent, asking that the unused funds be returned to the non-profit. Due to your particular circumstances, these funds may be used on your behalf again.
- 4** If you desire to continue with your coach after the first leg of your journey, we recommend that you use your new life skills to create abundance and find a way to personally finance the next part of your journey. However, MRL may consider granting an additional endowment in selective cases.



Good luck in your quest to find your coach. Remember, you were designed to succeed! Manifest this critical support into your life through prayer, meditation, intentional thought, and courageous action! Meaningful paths cross for a reason, but we must do our part to get the ball rolling forward.