

Questions to Ask When You Are Thinking of Hiring a Mindset Coach

If you are considering hiring a mindset coach, here are some essential questions to consider.

Firstly, what is mindset coaching?

Mindset coaching involves discussing your existing beliefs and patterns of thinking. By identifying these patterns and connecting them with your associated emotions, you can gain perspective and acceptance, leading to a more significant impact on change. You may experience an "Aha" moment of inner awareness and knowing, similar to being in the "zone." As a mindset coach, I guide with identifying mental blocks and unhelpful thought patterns to build a new perspective on shifting and releasing them.

- What would you like to change about your life?
- Is there a baby step you'd like to take to improve your life, whether at work, in your personal life, or in your habits?
- What do you like best and least about yourself?
- Think of something you should change about yourself or your life but have yet to. Do you derive any benefit from not changing?

Answering these questions will show a pattern of beliefs and habits that mindset shifting can change. You may be in a rut and need guidance to get out. Sometimes all of us need a tow truck.

If you want to learn more about mindset coaching and how it will work for you, let's set up a call, and we can get into further benefits, processes, costs, expectations, how coaching works, and timelines. Keep your answers, and we can use them to build from.

I look forward to working with you.

Lisa