



A career coach is someone who you can depend on to access your behavioural style, create an action plan to get things done, listen to you attentively but won't be afraid to call you out. Do you think you might need a coach at this point in your career? Don't hire the wrong person. Here are five tips to help you find a career coach, according to Forbe's Lisa

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1. Make sure of the type of hep that you seek from a career coach

Think about your current state at work and which areas would you like your career coach to help you with. Don't be embarrassed of listing everything down on paper. Create questions about your goals, skills, performance, people management and everything else that you're concerned about which you want to be tackled with your career coach.

2. There are a lot of ways to consider when finding a career coach

Even if you can from your family and friends to help you with looking for a career coach, there are other spots around you that could actually provide recommendations. You can always try LinkedIn and look for "People with Career Coach Titles". If you're still in college, career offices may have a source for career coaches for you. If you're employed, ask an HR representative for help.

3. Conduct a research

Find a career coach who will be a good fit. Take your time to figure out their experiences in the field, education in the areas in which they coach and their certifications. Find out if they have the appropriate exp...

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