

HOW TO LOSE WEIGHT FOR THE LAST TIME

How to Find a Coach to Work With

Maybe you've realized you want help on the journey to lose weight or with some other life goals. A coach who is skilled in supporting you on that journey can make a big difference.

That said, at the time of writing this, the coaching industry is not well-regulated. There are lots of great coaches ready to help you, but also anyone can call themselves a coach. It's important to be discerning.

So how do you go about finding a great coach for you? Here are some suggestions.

To start, check with yourself that you're seeking a coach rather than a therapist or another healthcare provider. If you're struggling with trauma, an eating disorder, or a significant mental health issue like depression or anxiety, you need support from a doctor or therapist. I see a lot of people have success working with a coach alongside their therapist or doctor, but a good coach will want to ensure you're getting the additional support you need.

If you decide you're looking for a coach, there are several ways to go about it. Asking friends and family for a recommendation can be a good way of finding a coach – be sure to ask someone you respect and trust! Your doctor may even have a suggestion for you.

If you are a female-identifying physician currently in medical practice, you can join my Weight Loss for Doctors Only Coaching program.



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You can also search the internet. One route is to go to a directory. There are a number of directories out there, listing lots of coaches. Try searching for “life coach directory” and use the search function there. Remember that most coaches offer appointments over the internet, so it’s not necessary that the coach lives near you.

Another route is to search the internet by keywords that match your needs. For example, if you want help with permanent weight loss, try searching for “emotional eating coach” or “freedom from food coach.” Most coaches have a speciality, so you can also search for anything you want specific help with. For example you could search for “ADHD coach,” “body image coach,” “grief coach,” or “binge eating coach.” Don’t be afraid to get specific!

Next, arrange to have a consultation call with anyone you’re considering. Most coaches will do this for free – you want to find out that you’re a good fit for each other.

During your consultation, ask whatever questions seem important to you about the coach and their approach. If you want to work on weight loss, ask if they are familiar with my book or whether they would be willing to read it. Check that they can help you with the mindset side of things and are not going to tell you what to eat. Ask questions about the coach’s approach and techniques, qualifications and experience, availability, pricing, and support between sessions. It’s a good idea to write down your question ahead of time!

At the end of your consultation, ask yourself if this is someone you can see yourself being very honest and open with. Did you feel respected and valued? Were they helpful? Don’t be afraid to say no or ask more questions – take your time to find someone who feels right to you.