

## Make the Most of Your Tax Rebate Check – Hire a Coach

*Extend the benefits of your rebate payment beyond initial spending*

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Lexington, Kentucky, USA – Wondering how to maximize the benefit of your tax rebate check? The International Coach Federation (ICF) recommends that individuals seriously consider an investment that will energize a career or enhance one's personal life by using their economic stimulus payment from the IRS to hire a professional coach. The lessons learned in even a single session with a professional coach are more valuable than spending the refund in a shopping excursion.

“Choosing to invest in a coaching relationship will bring long lasting results in the areas of productivity, personal satisfaction with life and work, and the achievement of personally relevant goals,” said Diane Brennan, MBA, MCC, president of the ICF. “Positive outcomes in areas of business, career, health and fitness, relationships, spiritual matters, and just about any other area of life you seek to improve, will be attained faster and more effectively with a professional coach by your side.”

Professional coaches representing many specialties can be found around the globe. Potential coaching clients can begin their search by using the ICF's free Coach Referral Service (CRS). Located on [coachfederation.org](http://coachfederation.org), the CRS is a searchable database of ICF Credentialed coaches that matches clients with potential coaches based upon a variety of searchable criteria.

When hiring a coach, the ICF strongly recommends finding someone who holds an ICF Credential. As coaching is a self-regulated profession, there are many people advertising their services as coaching, when in fact, they are not formally trained in specific coaching skills and are transferring skill sets from other professions into their coaching. This often results in an inadequate or ineffective coaching experience for clients.

According to the *ICF Global Coaching Study* conducted by PricewaterhouseCoopers, 52 percent of coaches report that their coaching clients expect the coach they hire to be credentialed. By choosing an ICF Credentialed coach, coaching clients can rest assured that the coach they hire is at the peak of professionalism and expertise. When hiring an ICF Credentialed coach, clients are hiring a coach with highly recognizable coaching qualifications with credibility around the globe.

The ICF offers the following additional tips for potential coaching clients:

- Educate yourself about coaching;
- Know your objectives for working with a coach;
- Interview three coaches before you decide on one (ask about experience, qualifications, skills, and at least two references); and
- Remember, coaching is an important relationship – look for a connection between you and the coach.

ICF defines coaching as partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential. Coaching is a distinct service and differs greatly from therapy, consulting, mentoring or training. Individuals who engage in a coaching relationship can expect to experience fresh perspectives on personal challenges and opportunities, enhanced thinking and decision-making skills, enhanced interpersonal effectiveness, and increased confidence in carrying out their chosen work and life roles.

The International Coach Federation is the leading global organization for coaches, with over 15,000 members in nearly 90 countries, dedicated to advancing the coaching profession by setting high standards, providing independent certification, and building a worldwide network of credentialed coaches. The ICF is the only organization that awards a global credential; it is currently held by over 3,700 coaches worldwide. For more information on how to become or find an ICF credentialed coach, please visit [www.coachfederation.org](http://www.coachfederation.org).

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