

FINDING YOUR COACH

Finding Your Coach, Diving Deep Within

By Melinda J. Kelly

Have You Contemplated Hiring a Coach for Life, Business or a Specific Issue in Your Life?
Have You Tried It and It Didn't Work, but You Know You Need SOMETHING or SOMEONE to Help?

THEN THIS IS THE BOOK FOR YOU!

Melinda J. Kelly makes the case for why you should hire a coach and what you have to do to make sure it's a successful collaboration and investment

Are you a "coach resister?"

You're afraid to invest the money? Don't want to give up control to someone else? Think you know better and if you tough it out, it will get better? You've tried and it didn't work, so you won't give it another shot?

Until, maybe, the hammer comes down! Your business hits rock bottom, your partner leaves you, your health deserts you, you're so miserable you're loading up on anti-depressants?

That's usually when someone gets desperate enough to hire a coach. But Melinda J. Kelly says it's a mistake to wait that long when there are so many ways for you to thrive and succeed NOW with a coach that's right for you.

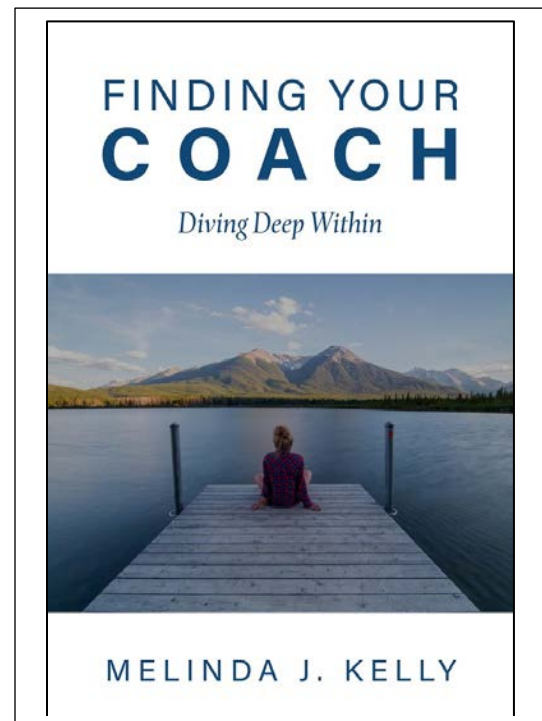
But there's more to it than just hiring a coach...you have to be ready, willing and have the right mindset to make the relationship succeed...and she tells you how you can go deeply within to prepare yourself for a coaching relationship that will take you far beyond what you can do on your own.

She provides the roadmap in **Finding Your Coach, Diving Deep Within.**

Melinda's own crucible came when she realized the family business that she had been a part of for most of her life was collapsing, and she didn't have a passion for it.

Trying to fix things from the body of knowledge she already had kept her from seeing solutions that eluded her own knowledge base. An unwillingness to open up to others and to trust – or to listen to what she don't want to hear meant that she was preventing her own forward motion. Even attending events, seminars, webinars and conferences in business and personal growth didn't prove fruitful because the information wasn't sinking in.

But then Melinda started asking herself some critical questions that made her realize that she couldn't do it alone, and she needed the help of someone who had trailblazed ahead of her, and could show her the way.



In **Finding Your Coach** Melinda illuminates those questions, and the various ways that we dismiss coaching as a solution for whatever isn't working in our lives. She shows how to overcome those objections, and the alternate mindset position that opens the way for a successful coaching relationship.

She takes into account how you look at authority, how to manage your time efficiently so that you can actually follow through on a coach's recommendation, how you deal with distractions that pull you away from what is necessary to create change, is money really the issue when you resist coaching, can you accept responsibility for changing your life?

She has a section on "Know They Teacher, Know Thyself"...selecting the right kind of coach based on your personality traits, plus the various types of coaching models and how that would work into your lifestyle. And she offers some great insights into how you define success, and what that means for your coaching relationship.

Melinda got over herself! And has not only hired one, but several coaches—and is now a coach herself. Her book is a powerful resource to get you out of the stuck zone.

Melinda addresses:

- The 7 questions to ask yourself when you start working with a coach
- The 7 questions to ask yourself about how you learn
- The 4 questions to ask yourself as you embark on your new course.

Finding Your Coach, Diving Deep Within, priced at \$9.99, is available on Amazon and Kindle.

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- **Title:** Finding Your Coach, Diving Deep Within
- **Author:** Melinda J. Kelly
- **Publisher:** Francis B. Kelly & Associates, Inc. (November 14, 2018)
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- **Trade Paperback**

FINDING YOUR COACH

Melinda J. Kelly Biography



Melinda J. Kelly is an author, speaker and writer who spent years wrestling with the challenges in her personal and professional life on her own...and resisting the prospect of hiring a coach.

But it was once she hired a coach that life got infinitely better. But not immediately...as she engaged with a coach, she began to see how some of her attitudes and habits were sabotaging her success. By looking deeply at her own behaviors and beliefs, she recognized what changes she needed to make in order for the coaching relationship to be truly beneficial.

In writing ***Finding Your Coach, Diving Deep Within***, Kelly gives her readers the keys to truly opening up to a coach for maximum success. And how to find a coach that really fits you and your personality.

Kelly's crucible began as she watched the family business in which she had worked since 1974 go into freefall. It also brought in to focus that she was not happy with her professional or personal life.

Kelly found her footing with the help of a coach and fell in love with the world of coaching. She now acts as a coach herself and has contributed to several other anthology books, *The 1000 Ripple Effect* and two books from the Professional Women's Network: *The Gift of Self Esteem* and *The Total Woman: A Holistic Approach to Life Balance*.

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Today, she will offer some of the insights from ***Finding Your Coach, Diving Deep Within*** that will inspire you to get off the fence and make the commitment to a coach that will help you get to your next level!

FINDING YOUR COACH

Questions for Melinda J. Kelly

1. Why did you write Finding Your Coach?
2. What was your 'aha' moment?
3. Why do you focus so much on questions? The question? Asking yourself.
4. What do you believe is the biggest stumbling block for people? Why?
5. What is with the number 7?
6. You bring parallels of life into coaching. Why?
7. You raise the point about wanting to be liked and loved. How much does that apply to people when they are on their journey?
8. You go into your version of the history of getting help. What made you think about that or why did you feel that was important?
9. What do you see as a major shift in getting help or advise?
10. What has been one of your best coach collaborations? Why?
11. You raise the idea of success as being multi-dimensional. What led you to that way of thinking?
12. Do you think of success and happiness as being together? Why? Why not?
13. What has your biggest disappointment taught you? Or an experience you learned from?
14. Why do you believe people are looking for help?
15. Why do you believe people are struggling for success?
16. Why do you believe people are happy? Or unhappy?
17. Can you understand why people see the world differently? How do you accept or deal with that?
18. Do you see ways to improve our approach to success? To happiness?
19. What do you mean when you say fear of success?
20. What do you see as success?
21. What is your hope for people reading Finding Your Coach?

FINDING YOUR COACH

Learn More

Book

- ***Finding Your Coach, Diving Deep Within, by Melinda J. Kelly***
- \$9.99
- Available on [Amazon](#)

Website

- www.MelindaJKelly.com

Social Media

- **Facebook** -- Melinda J. Kelly - <https://www.facebook.com/MelindaJKelly/>
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