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## About Your “Chemistry Call”

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When you are matched with your coach in May, you and your coach will work together to schedule a brief “chemistry call” to make sure that the two of you are a good fit. Most LNC participants will move ahead with their assigned coach, but there is flexibility to make one adjustment if needed.

### **Chemistry Call Tips**

During your chemistry call, plan to ask questions that will help you determine if you and the coach will work well together. Suggestions include:

- How would you describe your coaching style?
- What is your professional and coaching experience?
- What are some topics/areas that you typically help leaders navigate?
- Given my career and development goals, can you give me examples of how you have helped other leaders with a similar situation?
- What are some other client challenges you’ve addressed?

At the end of the chemistry call, your coach will ask you to confirm that you would like to go ahead and schedule your first full coaching session.

### **Moving Ahead**

If you decide to go ahead with the original match, plan to schedule your first full coaching session (and perhaps more) during that initial call. This helps keep the process moving forward without delay. Your coach may also ask you to use a scheduling program like Calendly.

### **Requesting a Chemistry Call with Another Coach**

We understand that not every coach/client pairing will be optimal. All participating coaches are trained, experienced, and professionally credentialed—we ask you to keep an open mind and trust that you will benefit from coaching as you get comfortable with each other. However, occasionally a client gets that sense that a coach just isn’t right for them. If you’re not sure that your initial coach is a good match, you may let the coach know you’d like to try a chemistry call with another coach, or you may reach out directly to one of the coordinators listed below. The coordinators will work to set up one additional chemistry call. Coordinators cannot guarantee a perfect fit, but they will do their best to find the right coach for you and your situation.

### **2024 Coordinators**

Jessi LaCosta ([Community@ICFRaleigh.org](mailto:Community@ICFRaleigh.org))

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