

Are you in A **Coach-Hell**?

Let find out:

1) Are you emotional exhausted, cynical, or feel that you are doing a poor job professionally? If so, you may be in **Burnout Hell**.

2) Are you ready to leave coaching, but cannot find another job out of coaching? If yes, you maybe in **Typecast Hell**.

3) Is the relationship between you and your boss positive, effective, and constructive? If not, you might be in **Boss Hell**.

4) Are you constantly worried about the outcome of your contests, especially after they are over? If so, you may be in **Won/Loss Hell**.

5) Do you enjoy your coaching, and feel that you have sufficient time for the other parts of your life. If not, then you might be in **Time-Suck Hell**.

6) Are you getting a minimum of 7 hours of sleep each day? If not, odds are you are in **Sleep Hell**.

7) Do you consistently clash with people you need to work with? If so, you may be in **Relationship Hell**.

8) Are there critical items that you need for your team's operation or development that you cannot get due to lack of resources? If so, then you're probably in **Resource Hell**.

Want to discuss further? Drop me a note at mike@coachingsportstoday.com, and let's see what we can do.