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DOCTOR COACHING

RESOURCE

A QUICK GUIDE FOR DOCTORS WHO ARE CONSIDERING COACHING AS A CAREER PATH

7 Mistakes Doctors Make Before Becoming Coaches

This guide is for doctors who:

- Feel called to help other doctors
- Are curious about coaching careers
- Want to explore options beyond clinical medicine
- Don’t know where to start

www.ubuntudoctorcoaching.com

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The Author



Hello there!

I'm Dr Nondumiso

I’m a medical doctor, International Coaching Federation (ICF) - Professional Certified Coach (PCC) and mentor coach who also supports doctors exploring the transition into coaching.

After navigating my own path into full-time coaching, I began noticing the same early mistakes many doctors make when considering this career shift.

Today, I work with doctors who want to help other doctors through coaching and those pursuing credentials through the International Coaching Federation.

I also provide mentor coaching for doctors working toward credentials such as the ICF ACC Credential and ICF PCC Credential.

My goal is to help doctors explore coaching thoughtfully and build meaningful careers supporting their colleagues.

Dr Nondumiso

More on www.ubuntudoctorcoaching.com

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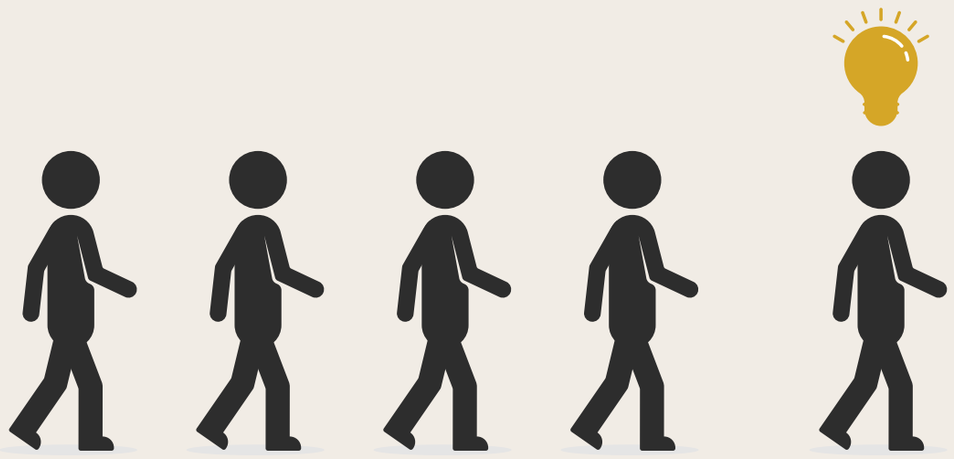

Who This Guide Is For

IS THIS YOU?

This guide is for doctors who feel drawn to helping other doctors through coaching but aren’t sure where to start.

It may be especially helpful if you:

- Feel curious about becoming a doctor coach
- Are exploring coaching as a possible next career step
- Want to understand the coaching path before investing in training
- Are considering credentialing through the International Coaching Federation

If that sounds like you, this short guide will help you avoid several common mistakes doctors make when exploring coaching.

WHAT MANY DOCTORS DISCOVER NEXT

Many doctors feel a strong pull to help other doctors beyond clinical medicine.

Burnout, meaning, impact, freedom, or simply the desire to support colleagues.

Coaching can be a fulfilling path.

But most doctors explore it in the wrong way.

After speaking with many who are considering this pivot, the same mistakes show up again and again.

Avoid these early and you’ll save yourself months (or years) of confusion.



MISTAKE #1

Jumping Into Certifications Before Clarity

Many doctors think: ***"I should get a coaching certification first."***

But certification doesn't answer the real question:
Do I actually want to be a coach?

Before training, you need clarity on:

- Why you want to coach
- Who you want to help
- Whether coaching fits your strengths

Otherwise you risk investing time and money in something that isn't the right path.



MISTAKE #2

Assuming Coaching Is Just “Giving Advice”

Doctors are trained to diagnose and advise.

Coaching is different.

Great coaching is about:

- Asking powerful questions
- Helping clients think clearly
- Supporting transformation

Doctors who struggle most with coaching are often the ones who try to solve instead of coach.



MISTAKE #3

Not Exploring Different Types of Coaching

Coaching isn't just about careers or burnout recovery.

Doctors coach in areas like:

- Financial wellbeing and money mindset
- Parenting and family life
- Business eg starting a medical practice
- Relationships eg dating, marriage, divorce
- Spirituality and purpose
- Life transitions eg retirement, migration , divorce

Doctor coaches often support colleagues in both professional and personal areas of life.



MISTAKE #4

Waiting Until You're “Fully Ready”

Doctors are used to long training pathways.

Registrar time.
Fellowships.
Board certification.
But coaching doesn't work the same way.

Clarity comes from testing the path, not waiting until everything feels perfect.



MISTAKE #5

Ignoring the Business Side

Many doctors focus only on:

"How do I coach?"

But the bigger question is:

How will people find and hire you?

A coaching career also involves:

- Finding your niche
- Attracting clients
- Building a financialy sustainable business model



MISTAKE #6

Trying to Copy Another Doctor Coach

You may see doctor coaches online and think:

"***I should do what they're doing.***"

But their path may not fit your interests or strengths.

The best coaching careers are built around:

- Your experience
- Your interests
- The problems you care about solving



MISTAKE #7

Thinking Coaching Means “Leaving Medicine”

Many doctors assume coaching requires a full career exit.

Not true.

Many physicians start coaching:

- Part-time
- Alongside clinical work
- As an experiment

You don't have to burn the bridge to explore the path.

What to do next

If this guide resonated with you, there are two possible next steps depending on where you are in your journey.

IF YOU'RE SERIOUSLY CONSIDERING THE COACHING PATH

If you're a doctor who is actively exploring coaching, especially if you're thinking about pursuing credentials through the International Coaching Federation, a conversation with me can help clarify your next step.

In a short consultation we can explore:

- Whether coaching is the right fit for you
- Possible coaching niches for doctors
- What the credentialing path could look like
- How mentor coaching fits into the journey

If you'd like to explore this, you're welcome to schedule a FREE coffee chat.

IF YOU'RE STILL EXPLORING

Many doctors are simply curious about coaching at first, and that's completely normal.

If you're still thinking about whether coaching could be a path for you, you might start by:

- Learning more about the coaching profession
- Speaking with doctors who are already coaching
- Reflecting on the problems you feel drawn to help other doctors solve
- Exploring training and credentialing options

Clarity often comes gradually as you explore the idea.

A FINAL THOUGHT

Many doctors feel called to support other doctors in a deeper way.

Coaching is one possible path, but the most important step is simply exploring it thoughtfully.

Wherever you are in that exploration, I hope this guide helped you take one step forward.

Ready to pursue a coaching career?

Are you ready for guidance from a mentor coach as you pursue your coaching path?

Schedule a consultation here

Email : info@ubuntudoctorcoaching.com

WWW.UBUNTUDOCTORCOACHING.COM

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Thank you for reading.

Learn more

www.ubuntudoctorcoaching.com