**Your First Experience of Coaching**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_**

1. What is coaching? What isn’t it? What is my job as your coach?
   1. You are Creative, Resourceful, Whole – You have your answers within.
   2. 10-Clarity, 80-Resonance with values, 10-Action (i.e. homework!)
   3. The challenge of our “stories”, all those reasons “why” we do or don’t do “it”:
      1. Stories (or excuses) keep us stuck in what we think we know and assumptions we make about everything
      2. They hide our deeper truth
      3. They take precious time away from living
   4. Coaching vs. the “nice” conversation
      1. I will: Intrude, share what I hear, ask you to bottom line with “In 20 words, state the high level”
      2. Sometimes share the hard truth that I see without judgment, just noticing
      3. Sometimes we “clear the decks” and start with a fresh canvas when the waters of life are too muddied with layers and layers of story.
   5. Coaching is confidential
   6. The power is in the **relationship** – not the coach. We co-create. We discover – together.
2. What area in your life, what situation or challenge, are you ready to experience a shift and forward movement around? Let’s coach!
3. Into Action!
   1. What steps are you ready to take with courage, passion, and purpose?
   2. When will you report back in regarding your progress?
4. What did you think?

* What was most powerful for you?
* What, if anything, took you to the land of discomfort?
* How would ongoing coaching benefit you?
* What are your next steps for coaching?
  + Get started now – please contact me! \_\_\_\_\_\_\_
  + Coach later after preparing for it in these areas:

Financial \_\_\_\_\_\_\_ Time \_\_\_\_\_\_\_ Energy \_\_\_\_\_\_\_\_

* Coaching isn’t for me right now: \_\_\_\_\_\_
  + Would you be willing to elaborate?
  + May I keep you on my e-mail distribution list for occasional inspiring messages? \_\_\_\_\_\_\_

OUTLINE

* You have the answers: listen to your emotions, thoughts, body, intuition, your words and mine
* You have old stories, assumptions, rules, excuses that keep you stuck
* You have inner voices - gremlins and saboteurs - that try to keep you in the stories - aren't you
* I WILL INTRUDE, ASK YOU TO BOTTOM LINE, CALL OUT THE STORY, BE CURIOUS
* **You have values, talents, skills and supporting voices that we discover, develop and invest in**
* Confidential
* Relationship based in trust and discovery - together

What area in your life, what situation or challenge, are you ready to experience a shift and forward movement around? Let’s coach! **What's the 3 minute story**? Speak what you know and what you don’t!

What's another perspective? USE **GEOGRAPHY**!! LISTEN FOR **GREMLIN** VOICES AND JUST CALL THEM OUT AS NOT THE DEEPEST TRUTH - USE **COACHING CARDS** TO INSPIRE

|  |  |
| --- | --- |
| Worst case scenario – OR – if nothing changes |  |
| Realistic |  |
| It's all their fault |  |
| I'm in charge |  |
| Dream come true |  |

COMMITMENT TO ACTION \_\_\_ BY \_\_\_ WITH ACCOUNTABILITY \_\_\_:

* What was most powerful for you? Uncomfortable?
* How would ongoing coaching benefit you? Next steps:
  + Get started now
  + Coach later after preparing for it in these areas: Financial, Time, Energy
* Coaching isn’t for me right now because
* May I keep you on my e-mail distribution list for occasional inspiring messages?