



Module 1: Effective Coaching Skills: Class #7

TO BE THE IDEAL COACH, THERE ARE TWO THINGS THAT ARE IMPERATIVE IN YOUR WORK:

- A willingness to, in your awareness of where your client is, feel no _____ about the _____ or inappropriateness of where they are.
- Be willing to _____ them to take as long as they need to _____ from where they are to where you _____ they want to be. You even have to _____ if there is no movement at all.

Many coaches consider themselves in a service profession and many think that means it's their _____ sometimes to do what is impossible...by trying to work with all types of clients whether they are their ideal clients or not. They take responsibility for their clients' results. That's _____ your job.



Your first order of business is to _____ in your ability to give them _____ or _____. You must see them as they would like to see themselves _____ –not see them in the _____ reality they are holding themselves in.

They may not be ready for _____ you have to offer, but in that moment, you can _____ they have a huge desire that they are currently _____ by holding their attention on their _____ reality. Your work is to soothe their _____.

When you hear them speak of their _____ YOU become more aware of their _____. So, you want to get right to _____ them. You want to stand in your own _____ knowing you can deal with just about anything and let them know that!

Let them know, “Hey, I’ve seen a lot, I’ve had clients in similar _____ you are finding yourself in and you’re doing a lot _____ than you think.”



That's the FIRST order of _____ you want to accomplish. So, you see them there and now what? Soothe their _____. What's your next plan of action? Soothe their _____. Notice a pattern here?

Your focus is not to be on the _____ or the _____. You want to turn yours and their energy to what they would prefer _____. When you put your attention on the very thing you're wanting to _____, you're actually activating more of it.

Everybody tends to do that...they want to look at what's wrong so they can find the _____. Nevertheless, they can't look at what is the problem and get a _____. It goes against the grain of the Law of Attraction.

Some clients may _____ what you're saying but don't lose sight of what your effort is – which is to _____ them.

As they share what's going on with them, you want to hold a gentle _____ and assure them that no matter what it is, it's _____. It's not good/bad/right or wrong. It just _____.



Acknowledge where they are and remind them, even so, it's just an _____ of their vibration and you are here to help them move up the _____ scale. Once that's done, everything else will fall into place.

It's not that you lie to them...it's that you are not allowing yourself to focus on their _____. You don't want to be someone who is addressing the issue, _____ or problem. You want to be someone who's so solution-oriented, that fully _____ them to _____ their _____.

Are you aware that _____ of what goes well in sessions with coaches is the client's expectation that help is available? Don't be frivolous though. They've come for something _____ so you have to present an _____ of respectable reliability – you want to maintain the attitude that, regardless of what ails them, you are fully capable of helping them relax back into their _____. That's your job.

Meet your clients where they are without _____ their problems or resistance. In other words, don't have _____ about



the problem. It seems like the logical thing is to look to the problems, but that is actually _____ . You don't want to overrate it or exaggerate it. It's not that you can't talk about their problems and issues, just make sure you establish the _____ from a soothe-able energy first. See your clients as people you can help...and _____ that to them.

Even though you may not take them all the way from _____ into feeling _____ , you will move them _____ , and the slightest movement in vibration means the next time you work with them, they will be in a different _____. It may take several sessions for them to finally 'get there' but there is NO one who cannot 'get there'. It's not a good idea to let them talk too much about their issues before you begin _____ them even the slightest, because the more they talk with you about those issues, it activates that same _____ vibration within you, and now you have split energy, and you are of no _____ to them at that moment.

It is not so important how much you know about your clients, but it is of the utmost importance that you are able to get them to understand their ability to _____ their energy with what they want.



It's also important that they know you care as a coach, but not to the point where you care so much that you _____ when they don't _____ their energies. You don't want to be on an extreme place, caring for clients who don't care _____ about themselves as to change their _____.

As you spend time with your clients, you can feel whether you're making _____ or not, and if you're able to coach them into a sense of _____, then you can bring them from anywhere they are to anywhere they want to be...one _____ step at a time. When you take them only 1 step at a time, even the climb from a terminal illness to perfect health is absolutely _____. And not a long hard climb either, when you get to the basics of what makes it happen... which is vibration first, not action.

Your job is to care enough about your clients as to _____ them. The hardest part for any coach is the client's ability to _____ in their ability to 'get it'. _____ expectation as a coach is essential to your power to _____ your clients.



If you don't see the _____ you want for yourself or your clients, too much of your _____ is coming from what you're observing. By consciously, intentionally and deliberately choosing where you focus, your _____ will be lifted. There are many processes and tools to help a client _____ his or her energy.

THE TASK OF THE WEEK :

Begin amping up your _____ focus and use what you have learned to date in your life. Become very _____ with the philosophy, tools and processes you have been taught so far. There are _____ ways to soothe your clients and you are going to learn many of them. So, enjoy who you are becoming with this work!