



## Module 1: Effective Coaching Skills: Class #6

### WHAT DOES IT MEAN TO BE AN EFFECTIVE TRUE-ME® COACH?

1. As coaches, you are in the business of helping others help \_\_\_\_\_.

Nothing and no one needs \_\_\_\_\_.

2. Everything is \_\_\_\_\_, so your \_\_\_\_\_ as coaches is in your \_\_\_\_\_ of \_\_\_\_\_ and \_\_\_\_\_ your clients of their own power. Anything less is a bandage and is only temporary.

3. Your most important \_\_\_\_\_ must be in determining the \_\_\_\_\_ range between what your clients want and what they expect to happen, because your assistance to them and their ability to hear you is contingent on where they are \_\_\_\_\_

4. Your first order of business is to be \_\_\_\_\_ with and get relatively good at \_\_\_\_\_ the energy of your clients, and getting a vibe of them.



5. In order to be \_\_\_\_\_, you MUST begin with the premise that, as we all are, your clients also are \_\_\_\_\_ beings, offering \_\_\_\_\_ about what they want. These vibrations are based on what they are now living and influenced about what they \_\_\_\_\_ it is that they want. They may have been carrying these \_\_\_\_\_ or negative \_\_\_\_\_ or patterns of thought around for a long time. And the only way you can help them at all is by finding first the way to give them \_\_\_\_\_ and \_\_\_\_\_ relief about where they are right now.

When you understand the power of emotional \_\_\_\_\_ and the power of helping your clients make \_\_\_\_\_ with where they are first and foremost, THEN you have someone you can \_\_\_\_\_. Your power of \_\_\_\_\_ is about your power to \_\_\_\_\_ their energy, their anxiety, or whatever the negative emotion is they are experiencing.

6. There may still be some who continue to argue for their \_\_\_\_\_ and it is going to be up to YOU to decide who you are willing to work with and who you are willing to let go. You need to become very clear about which types of clients \_\_\_\_\_ you and let the others \_\_\_\_\_. It's not your job to



be all things to all people. It IS your job to be clear on who is a \_\_\_\_\_  
match for you and only work with those people.

7. As True-me® Breakthrough coaches, it is essential that you work with your clients to help them understand they are \_\_\_\_\_ beings first and foremost and offer a \_\_\_\_\_ in every moment that they're focused. That means in every waking moment. And that is affecting everything in their lives either positively or negatively and they'll know it based on how they \_\_\_\_\_.

What they \_\_\_\_\_, what they \_\_\_\_\_, what they \_\_\_\_\_, what they \_\_\_\_\_ on, everything they are \_\_\_\_\_ on is \_\_\_\_\_ and that is the cause of their amazing \_\_\_\_\_ and \_\_\_\_\_ or their amazing \_\_\_\_\_ and \_\_\_\_\_.

8. Help them any way you can. However, they must be willing to address themselves as emotional \_\_\_\_\_ and be willing to work with their \_\_\_\_\_ and their guidance system.



9. If they aren't open to that, there's not much you can do except provide \_\_\_\_\_.

10. If you don't see them pick it \_\_\_\_\_, it's time to move on to someone who is \_\_\_\_\_ to make an \_\_\_\_\_ to 'get it', because if clients continue to think the same thoughts they've been thinking and to approach life the same way they've been approaching it, they're going to manifest results that somebody is going to need to provide \_\_\_\_\_ for.

11. Let them know you gave up \_\_\_\_\_ on the \_\_\_\_\_ a long time ago. But, if they come to you in need of one, let them know you'll provide the \_\_\_\_\_ and do whatever you can to "stop the bleeding". As their coach, you will do anything you can to help them to feel better in that moment, but once you've done that, you have to let them know you want to talk to them about the way they feel. Then, coach them into an understanding of their \_\_\_\_\_ and emotional \_\_\_\_\_ system. You cannot patch them up enough to keep the \_\_\_\_\_ holding. They're just going to keep coming back again and again and again with different \_\_\_\_\_ of the same cause.



12. If they are open, you have something to work with, and you can coach them. You can show them how to work with their \_\_\_\_\_. You can listen for how well they're doing with them, and if you see them picking it up, keep working with them.

As True-me® coaches, you're here to get to the \_\_\_\_\_. And that cause is always vibrational, and the \_\_\_\_\_ is obvious by how your client feels about any given subject.

It is ALL vibration. So just be entrenched with that knowledge. KNOW as coaches clearly that it is \_\_\_\_\_ and then, with a handful of tools and processes you may be already implementing in your own life, pass them on to your clients in a way that their \_\_\_\_\_ will begin shifting right before their eyes. Just be sure you hold a full understanding about vibration.

So, as a coach, \_\_\_\_\_ them where they are and \_\_\_\_\_ them wherever they can to identify who/what/where they want to be and work with those who have an idea that they want to be someplace different than where they are.



**THE TASK OF THE WEEK:**

Practice moving yourself up the \_\_\_\_\_ scale and then try using it with your clients.

As you work with your clients (and yourself) practice \_\_\_\_\_ their energy in the red-hot moment. Help them learn how to \_\_\_\_\_ it for themselves.

Keep bringing their focus back around to \_\_\_\_\_ they \_\_\_\_\_ want, and \_\_\_\_\_ they \_\_\_\_\_

want it. Remind them that the more they keep bringing their \_\_\_\_\_ back to that, regardless of what their current reality may look like, they are literally creating a much more different and not-so-distant future reality for themselves.