



Module 1: Effective Coaching Skills: Class #2

To be an effective coach, you must start from that _____ part of who you are.

is your primary tool to being a great coach.

You will encourage your clients to be _____, to expand beyond their _____, and to become _____, more alive people. Clients achieve better results because they have _____. They have become more of who they are, and their outer successes will reflect that internal _____.

BEHAVIORS THAT SUPPORT YOU BECOMING AN EXCELLENT COACH

1. _____: Be an _____ coach with your own personal style. Own your _____ strengths and skills, life experience, and intuitive sense. Coach from the center of your _____ being. You are _____ just as you are in this moment. You are _____ just as you are right now, to be a really great and successful coach.



2. _____: The focus must be on the client, rather than solving his/her problems. It is not your job as a coach to _____ the client. You can listen and respond appropriately when you are being rather than doing. Ask _____ instead of giving _____. Your client has all the answers _____ him/herself. A good coach reminds their clients of their infinite _____, helps them see things from a different perspective, and come to their own conclusions and _____. Your job as a coach is to hold your clients in a safe space while seeing their higher vision. When the client comes to his/her own conclusion there is a bigger _____ and energy shift. The client is able to take personal _____ because the solutions were his/her idea. This _____ allows the client to move closer to his/her goal.

<u>From Doing</u>	<u>To Being</u>
• _____	+ Being a coach
• Trying to _____	+ _____
• _____	+ Listening to your client
• Struggling to tell people about coaching	+ _____
• Trying to manipulate clients to hire you	+ Being _____
• Being _____	+ Being _____ to outcome
• Feeling _____ with the process	+ _____ it's working



When you are on a coaching session, be aware when you _____ between being and doing. Do you see the _____ that _____ with your clients has on them? Make corrections in future sessions to focus more on _____ with your client and _____ yourself rather than _____. In your current life, how are you showing up _____? Is there any way that you are not being true to _____?

Remember, based on the Law of Attraction, what you focus upon _____. Your thoughts create your _____. When you are coming from a place of the “doing aspect” of coaching and building your coaching practice, that is when _____, _____ and _____ surface. Of course, you need to take _____ to build your coaching business, but make your main focus be on your vision of what you _____.

BE AUTHENTIC ABOUT WHO YOU ARE:

CHARACTER TRAITS:

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STRENGTHS:

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SKILLS:

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CAPABILITIES:

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OTHER TALENTS:

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THINGS YOU WOULD LIKE TO CHANGE ABOUT YOURSELF:

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