

Heart Coach

Utilization of Existing Resources Already in Client

Coaching Gym: Group of 3 rotates: 1 coach, 1 client, 1 silent witness (witness sets timed alarm of 14 mins each, 1 min to finish-up)

Coach: Ask the client, “Tell me in a couple sentences, about something you used to struggle with but no longer do.” (2 mins max for answer)

Client: Share an old pattern you successfully shifted for the better in your life (keep it super short 2-3 mins max)

Coach: “In 2 mins or less, tell me the most important lesson(s) you learned from that needed upgrade or that triumph over struggle?” (2 mins max)

Coach: “How could you apply that lesson you learned back then, to a current situation you're struggling with or working through now in your life?” (Spend 10 mins here)

Coach: Your job is to encourage & support the client to see parallels in both situations and highlight any skills or mindsets they could carry over from that past upgrade to their current situation. Be sure to broadcast love, appreciation, and a deep belief in the client's ability to succeed, even if you (or they) don't yet know HOW to do it. The energy of your stance is grounded & congruent: You've got this, I believe in you, I'm here with you & together we'll get there.