

“I Believe in You”

Coaching Gym:

Group of 3 rotates: 1 coach, 1 client, 1 silent witness, 15 mins each (witness sets timed alarm for 14mins)

Coach: Ask the client, **“Tell me in 2 mins, 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 upgrade or that triumph over struggle?”** (2 mins max)

Coach: **“What lessons did you learn about yourself, the world, about the nature of change, from that triumph over struggle?”** (3 mins)

Coach: **“How could you apply the lessons you learned back then, to a current situation you're dealing (struggling) with right now?”** (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, inspired & congruent: “You’ve got this, I believe in you, I’m here with you & together we’ll get there.”