

VCA Coaching Gym

GYM: Teaching clients inner game & outer game

Groups of 3: 15mins each, 1 coach, 1 client, 1 witness, biggest nose goes first...

Coach will share/ teach a tool/ habit/ technique they use for success in some area of life.

Coach will explain what the tool does, why it's useful, how it works, and what's possible if used by the client.

Coach will be sure to describe the OUTER GAME aspects of tool/ habit (tangible, physical results) AND the INNER GAME (methods of handling thoughts, feelings, fears, worries that arise internally, share any mental or emotional techniques you use to help the tool work effectively, get as granular as possible in modeling what you're doing on the inside of your mind)

The client can ask questions to help pull information out of the coach.

le, drink more water (historically, I didn't like drinking; fullness hurt my belly)

Outer game: keep full glass beside me & super visible at all times/ 10 big gulps even if i don't feel like it/ glass that is fav size to hold/ lip thickness just right/ family all know that i'm building this water habit and agree to get me water if I run out, installed external support, pee color: clear or yellow (feedback)

Inner game: I've coded the water as my access to longevity and disease freedom,

I remember all the articles that talk about water being imp for cleaning blood and toxins and metabolic functions from bio class, imagine all the toxins in the body getting washed out vs. dry scrub in the dish sink, imagine getting cancer cells, send gold star reward energy everytime i drink, install systemic pride to keep habit going, (NO shame, only positive reinforcement)

Coach:

Deep breath, ground, remember that you have been mapping parts of reality that no one else has. Notice what comes up first and offer that as a start.

Look to share educational experiences, personal stories, historical triumphs over struggles, maps you've made in the past, or events that have changed you, things you've learned that have enabled you to feel knowledgeable about this subject, and ready to share it with the world.

Coachee:

Pull out the greatness of the teacher, remind them of their vast knowledge and ever-present competence.