

VCA Gym:

Exercise: “The Silent Mirror”

Purpose:

Learn to hold space, resist rescuing, and let the client access their own inner wisdom - with minimal intervention. (3 per breakout: coach, client, witness/timer)

1. Client: Brings a real, current challenge (personal or professional).
2. Coach: Practices minimalist advice, more facilitation, asking probing questions, offering no solutions.
3. Observer: Track the subtle energy of “helping” impulses and note moments when silence or neutrality shifted the

Your job is to be a reflective presence, not problem solver. Trust the client as a genius on their own solution.

The client starts by sharing a challenge.

Coach:

- Simple reflections: “You’re feeling torn between two values.”
- Encouraging silence: nodding, breathing, soft eye contact.
- Minimal prompts: “Say more.” / “What do you notice now?”
- Occasional mirror questions: “What do you think would help? /what’s coming up as you hear yourself stall?”

If tempted to fix, explain, or teach -pause, breathe, and stay silent.

Feedback (3 minutes)

Client: Share what it was like to find your own insights.

- **Observer:** Describe where the Coach almost jumped in -and how restraint changed the energy.
- **Coach:** Reflect on what it felt like to not help and trust the process.