

5-Star Coaching Session Framework

Quick recap

Eben led a discussion about the importance of coaching in helping clients navigate rapid change, introducing a 5-step framework for effective coaching sessions and emphasizing the value of longer-term coaching packages. He guided participants through various exercises and techniques, including goal-setting and motivation analysis, while sharing insights on coaching practices and personal development programs. Eben also covered practical aspects of coaching sessions, such as the use of art therapy and breakout groups, while encouraging participants to build connections and develop productive habits over the 10-week course.

Summary

Coaching for Accelerating Change

Eben led a discussion about the accelerating pace of change and the importance of coaching in helping clients transition between states. He introduced the concept of a "5-star coaching session" consisting of five steps: presence, processing, insight, commitment, and action. Eben emphasized that coaches should focus on 3-6 month coaching packages rather than individual sessions, as it takes this amount of time to make meaningful changes. He also encouraged participants to practice transitioning between states themselves to thrive in the accelerating rate of change.

5-Star Coaching Session Overview

Eben led a warm-up exercise to help participants transition into the session and introduced the concept of a "5-star coaching session" with its five steps. He encouraged participants to write down key information and shared insights on processing feelings as a group. Eben outlined the structure of the class, which includes learning, gaining clarity, making commitments, and taking action weekly

for 10 weeks. He also asked participants to share their personal motivations for joining the Virtual Coach class, which ranged from helping others to launching a coaching practice, and used AI to summarize these motivations.

Coaching Motivations and Program Updates

Eben discussed the motivations of people seeking coaching, emphasizing their desire for community, accountability, and personal renewal. He highlighted the importance of starting coaching sessions by asking questions to understand clients' needs rather than immediately sharing coaching strategies. Eben introduced an upcoming two-day "Reinvent" program focused on life transitions and personal renewal, scheduled for Friday and Saturday. He also encouraged participants to explore bonus programs in their members' area, particularly "Wake Up Productive," which he described as transformational for many participants. Eben emphasized the value of creating rituals for personal and professional productivity over the next 10 weeks.

Understanding Client Motivations in Coaching

Eben introduced the concept of the "why" in coaching, emphasizing that understanding a client's motivations is crucial for effective transformation. He explained the INSPIRE formula, which includes achieving goals, avoiding fears, and taking action, and demonstrated its application with Claudia, who wants to become more visible in her network. Eben guided Claudia through the process of defining her goals, identifying potential obstacles, and determining her next steps, encouraging her to start by sharing her voice with her close network on social media.

Goal-Setting Coaching Technique Demo

Eben led a coaching session demonstrating a technique for helping clients achieve their goals by first identifying what they want and why, then what they want to avoid, and finally determining their next steps. He emphasized the importance of allowing clients to come up with their own solutions rather than imposing advice. The session concluded with participants practicing the technique in breakout groups, and Eben announced that similar sessions would be held

weekly. Chris requested recorded examples of the technique to use as reference material, and Eben agreed to provide this and additional materials for the next session.

Art Therapy Group Applications

Eben discussed the application of art therapy in group settings, clarifying that it can be effective in both individual and group formats. He advised starting with individual demonstrations before transitioning to group work, emphasizing the importance of identifying common denominators among clients. Eben also addressed questions about breakout sessions and building connections with other participants, encouraging attendees to proactively form mastermind groups. Additionally, he highlighted the significance of developing focused productivity habits, particularly for coaching clients, and mentioned an upcoming class with Annie and a session on Friday.