

VC Coaching Gym

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

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, 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."