

Annie's Coaching Questions

My coaching sessions are based on a set of **scaffolding/ skeletal questions**.

This structure focuses less on immediate action & more on hidden emotional subtleties in the client's psyche.

1. **“What outcome do you most want my help in creating? (in love/bus/health)?”**

Coach is invoking dream/ desired outcome; get the client out of abstract & nebulous ideas & into clear, tangible specifics, ie: food vs. avocado toast)

2. **“What will having that do for you?”**

Can use 5 whys/ to flesh out benefits, raise motivation, get them to describe what life is like beyond the problem in specific detail, explore the repercussions, benefits of outcome state, build towards motivation

3. **“How will you know when you get there?”**

Get their evidence procedure/ proof for success, gotta have something they're using to compare to the status quo, otherwise, how do they know they're not successful now, ie: I don't feel supported implies you know what supported feels like enough to know its not there

4. **“What's it like now around this issue?”**

Explore the painful current stuck state, uncover all costs of doing nothing, how it gets worse, away from motivation, calibrate thoughts/ feelings X/10

5. **“What's something in your life right now, that you currently value, but think you may have to give up if you actually got (insert desired outcome)?”**

Explore parts conflict/ find hidden payoff in status quo, double bind, competing commitments, map the REAL unconscious reason dream has not happened yet, secret foot on the brake based on hidden fear, unsafety, undeserving, suffering obligation, help client regulate & feel scary feeling that's stopping them (reg tools/practice q/ them)

6. **"Has it ever occurred to you that you could get more (insert thing they value & fear to lose), if you actually succeeded in your dream?"** Help the client see that they had a false belief that was holding them back; they can have a new belief that is more useful.

7. **"What's possible now, from this moment forward? What's 1 small step you could easily take towards your goal?"** Invite clients to explore what's possible now that they are in an empowered state with support from you, and ask them to take one small step towards their end goal. See them as strong, big, and capable, and watch new possibilities open up in their mind.

Process of a Coaching Session:

(1) Generate a positive state by evoking a resonant goal (resources client)

(2) Explore benefits of goal: access inspiration & generate motivation

(3) Map the client's success indicators/ evidence procedures

(4) Evoke problem state, map its shape

(5) Find hidden payoff from status quo: protection/ safety

(6) Integrate marginalized parts: honor stuck pattern as sacred/ welcome fears/ tessellate values of different parts

(7) Client commits to 1 practical (3-D world) action (smallest step possible)

Practice Annie's Coaching Questions:

Groups of 3: 1 coach, 1 client, 15 mins each, witness timer goes off at 14 mins warning

1/ "What outcome do you most want to create in your life (in love/work/health)?"

2/ "What will having that do for you?" (flesh out benefits)

3/ "How will you know when you get there?" (what's their proof)

4/ "What's it like now around this issue?" (raise difficulty)

5/ “What’s something in your life right now, that you currently value, but think you might have to give up, if you actually got ...<insert desired outcome>?” (look for hidden payoff)

6/ Has it ever occurred to you that you could get more (insert thing they value & fear to lose), if you actually succeeded in your dream?

7/ What’s possible now, when you consider your desired outcome (insert outcome)?

5 Steps of Experiencing Your Own Feeling

1st step: Find the loc. of loudest sensations in the body, calibrate intensity X/10, guesstimate what's not yours

2nd step: Allow overwhelmed feelings (>5/10) to float out of body/ drain into the earth, clean out what's not yours

3rd step: Regulate, consciously ground to calm & generate safety in CNS (resourcing)

4th Step: Scan body for most salient leftover sensations, re-calibrate intensity

5th Step: Interview sensations as if they're a loving guru offering wisdom/ breakthrough insight/ next steps.