

Resolving Parts Around Success

Coaching through emotional and relational blocks

Quick recap

Annie conducted a coaching session focused on resolving parts conflicts and exploring the ecological impacts of desired changes through her coaching framework. She demonstrated these concepts with Ali, who was seeking her first paying coaching client, by helping him identify potential benefits and using positive motivation techniques. The session concluded with participants practicing an ecology check exercise to address internal barriers and emotional blocks related to success.

Summary

Ecological Coaching for Client Success

Annie led a coaching session focused on resolving parts conflicts and working through the fifth question in her coaching framework, which explores the ecological impact of desired changes. She emphasized the importance of checking a client's overall context, including personal values and potential sacrifices, before supporting them in making significant life changes. Annie demonstrated this process with Ali, who was seeking her first paying coaching client, helping her identify the potential benefits of achieving this goal, such as increased confidence and direction. Annie stressed the value of using "carrot" techniques rather than "stick" methods to motivate clients, advocating for a gentle and ecological approach to coaching.

Emotional Blocks and Success Strategies

Annie led a coaching session where participants explored potential challenges and opportunities in their personal and professional lives. Ali shared concerns about maintaining his relationship if he became successful, and Annie helped him reframe success as an opportunity to strengthen his relationship rather than undermine it. The group then practiced an ecology check exercise to identify and address internal barriers to success. Annie emphasized the importance of acknowledging and working through emotional blocks rather than focusing solely on pragmatic action steps.