



# *Sacred Depths*

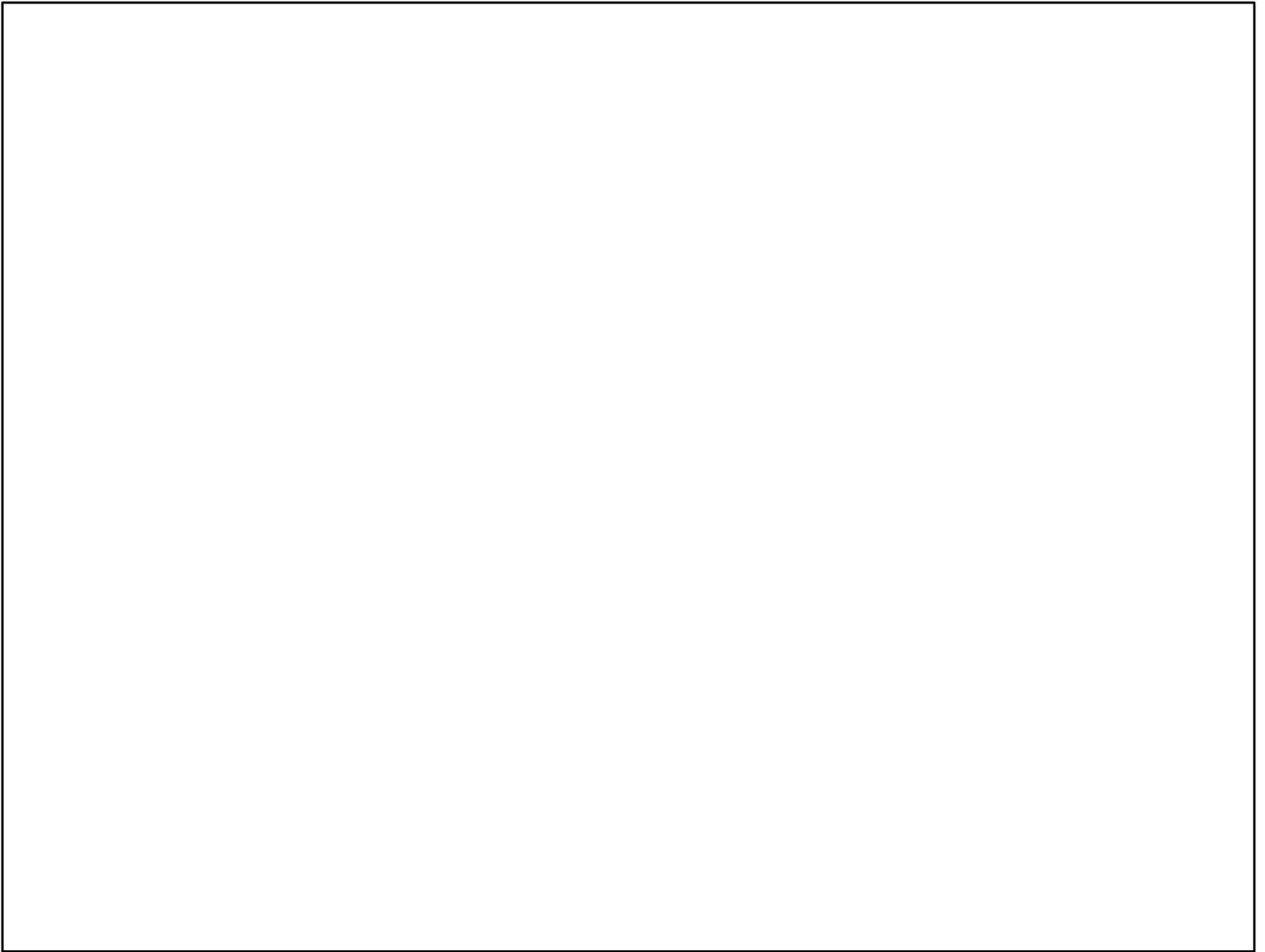
## COACH CERTIFICATION

### Strengthening Questioning Skills Through Inner Work

1. Write a few paragraphs on a current confusing or upsetting situation, obstacle, or experience you are having . . . or one you sense is ripe for exploration.

2. Read over what you just wrote.

3. Intentionally craft 3-5 powerful coaching questions based on what you just wrote.



4. Journal on those questions.

