



# *Sacred Depths*

## COACH CERTIFICATION

### Reflecting the Truth & Creating Awareness

“ *Reflecting truth requires bravery. It requires you to be comfortable holding space for someone who is uncomfortable.* ”

1. Think about 5 people in your life that you care about (friends, family members, colleagues, clients, etc.).
  - a. For each person, consider what is a possible awareness or Truth you see that may be in their blind spot right now.
  - b. For each Truth that you see:
    - i. Check your filters to make sure you are seeing objectively.
    - ii. On a scale of 1-10, how scary does it feel to consider sharing that awareness?
    - iii. If there is fear, what do you fear might happen if you share the awareness?
    - iv. How might this person benefit if you shared the awareness?
    - v. What would you need to shift inside of yourself to reflect this awareness to them?
    - vi. Is there a Personal Anecdote that would be helpful or applicable for you to share with this person?
  - c. Important note: The point of this exercise is NOT to actually Reflect the Truth with these individuals (although you may choose to do so if it feels aligned). The point is to go through the discovery process outlined above.

2. What are 3 Truths about YOURSELF that your own Inner Coach wants you to become aware of?

a.

b.

c.



*“Masterful coaching isn’t about knowing the truth but being able to hold space for the client’s truth to emerge.” Joanna Lindenbaum*

