



Sacred Depths

COACH CERTIFICATION

Part 2: The Energetics of the Coaching Relationship

- 1) Track your coaching and non-coaching relationships this week for where you might be bringing in unchecked Family Patterns, Dynamics or Projections.
- 2) Become aware in your coaching or buddy coaching sessions on how your coachee may be bringing unchecked Family Patterns, Dynamics or Projections onto the relationship
- 3) If you are working with any coaching clients, make a list of each one and write notes on which of their own family dynamics they are bringing into the container.
 - How have you handled (or not handled) this so far?
- 4) Set the intention before your coaching sessions to bring in Ideal Mother, Father and Sister
- 5) Take your TOP FAMILY DYNAMIC that you discovered on our training call and journal on the following about it:
 - Where are all the places in your life that this dynamic shows up?
 - How has that impacted you?
 - How has that impacted your ability to create what you want in your life?
 - How has that impacted you as a coach?
 - How would you like to shift this dynamic for yourself?
 - What would you need to believe in order to shift this dynamic?
 - Who would you need to forgive in order to shift this dynamic? (Who = which people outside of you as well as which parts of yourself?)