



# *Sacred Depths*

## COACH CERTIFICATION

### Worksheet #1: The Energetics of a Powerful Coaching Relationship

Creating a powerful, effective, and transformative coaching experience for your clients starts with a powerful, healthy and aligned coaching relationship.

#### **The 7 Foundations of a Powerful Coaching Relationship:**

- |                                |   |
|--------------------------------|---|
| 1 Mutual Trust                 | 5 Mutual Respect                          |
| 2 Partnership                  | 6 Space for Creativity                    |
| 3 Clear & Honest Communication | 7 Belief in Vision and Highest for Client |
| 4 Healthy Boundaries           |   |

Here are some exercises and assignments to help you deepen the work we did on the Energetics of a Powerful Coaching Relationship (and all relationships!):

#### **1. Fully Knowing & Believing that Your Clients are Whole & Complete Exactly as They Are**

- Pick a particular client or person in your life that you know you need to step into this belief with even more.
- Start with the prompt “[Insert person’s name] is whole and complete exactly as they are.”

- Write for 5 minutes defending that statement – no stopping, no editing, just keep writing.
- You can do this journaling exercise just once, or multiple times throughout the week (or month) to keep it top of mind and energy.

## **2. Fully Knowing & Believing that YOU are Whole & Complete Exactly as You Are**

- Journaling Question #1:

What did your parents, family, teachers and culture teach you (or not teach you) about being whole & complete exactly as you are?

- Journaling Question #2:

Start with the prompt “I am whole and complete exactly as I am.” Write for 5 minutes defending that statement – no stopping, no editing, just keep writing. I recommend doing this journaling exercise at least a couple of times over the next week or two.

## **3. You Don’t Need to Be Anything But Yourself for Your Clients & Coaching Sessions**

Even when we intellectually “know” this Truth, because of our programming and patterning, we can forget it pretty easily when we are with clients, or on sales calls, or marketing.

To go deeper into this principle, journal on the following questions:

- When you show up for clients (or imagine doing so), who are you “trying” to be (instead of simply being who you are)?
- Why? Where did you learn you “need” to be those things?
- Instead of trying to be someone or something you’re not, which of your innate qualities and learned wisdom do you want to bring fully present when you’re with clients? Why?

## **4. To Keep the Playing Field Equal, Don’t Take Over-Responsibility for Your Clients**

- Where are the places you’ve been taking over-responsibility for your clients (or for people in your professional or personal life)?
- Why are you taking over-responsibility in those areas? (In other words, what beliefs are yourself or others are you holding that activate you to take over-responsibility?)
- What would aligned responsibility look like in these areas?