



Sacred Depths

COACH CERTIFICATION

Equalizing the Playing Field Worksheet

“ *You and your client have different roles but there no person in the coaching relationship who is better than the other or more powerful than the other.* ”

Clues the playing field is not equalized

1. You feel nervous or inadequate before, during, or after client interactions
2. You are not totally honest in communication with client.
3. If you focus a lot more on your own needs or concerns or fears in your interactions with clients instead of focusing in on clients. If you're making it more about you than the client.
4. If you feel drained by the client relationship.
5. If you find yourself consistently concerned your client isn't going to succeed
6. If you are doing way more than you need to for the client.

An equal playing field in the coaching relationship means you, as the coach, are approaching the relationship as if you and your client are two equal partners.

How to Equalize the Playing Field

1. Really know your clients are whole and complete exactly as they are
2. Deeply know YOU are whole and complete exactly as you are
3. Remember, you are not perfect, and neither is your client
4. Remember, you don't need to have all the answers
5. You don't need to be anything but yourself
6. You are not WHOLLY responsible for anyone's growth or results this is a partnership

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 you 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?

5. If You Are Working With Clients, Do A Client Inventory Around Energetics

- For each client, write out the beliefs or fears that you have about that client or about you in relationship to that client.