



Sacred Depths

COACH CERTIFICATION

The Coaching Container Resource Sheet



In order to create a strong coaching relationship, you must create a strong coaching container. The container holds the coaching work together.



Tight containers create a sense of trust and allow clients to be fully present, engaged, and vulnerable. They create the environment for the highest level of transformation and results.

Creating A Strong Coaching Container

1. Equalize the playing field
2. Prepare yourself and hold the container. Start paving the way ahead of the sessions.
3. Be clear about protocols
 - How long are coaching sessions?
 - What are your responsibilities as the coach, as well as what are your client's?
 - When are sessions scheduled?
 - Be clear on HOW sessions are scheduled.
 - Be clear on payments – how much and when they will be made
4. Every coaching session is its own container
 - You can have clients fill out a pre-session accountability or prep form, where questions are asked to help prepare client for session.
 - Start each session by getting clear on the client's intentions for the call. Clarity on intentions and what the client would like to receive will allow the session to flow better and results to happen easier.
 - End each session by supporting the client to integrate what came through in the session. A great way to do this is to ask about takeaways, and to give follow-up homework or action steps.
5. The entire coaching cycle is also its own container
 - Consider having a kick-off call, during which you set intentions for entire cycle.
 - Have a closing call for integration
 - Possibly a mid-point call to assess progress
 - Be clear how quickly will respond to emails.

An ounce of pre-framing prevents a pound of reframing.