



Sacred Depths

COACH CERTIFICATION

Acknowledging & Honoring What Is



Honoring What Is means supporting a client to become aware of or to connect more deeply with what they're feeling and experiencing. Even and especially the crappy, not-so-savory things that happen in their life.



What Does Honoring Do?

- Helps client feel seen, heard, and loved.
- Deepens connection to you as the practitioner and the client becomes more willing to have a breakthrough.
- Allows client to see something they otherwise would not have seen.
- Gives client permission to acknowledge and honor their own experiences and feelings.
- They can metaphorically take a deep sigh of relief as a result of naming the thing, being with it in full honesty, not hiding from it, not ashamed of it, or having it in their blind spot.

Coaching is love in action in a professional setting. When we honor what is, we show love to our client and create an environment of love for them.

Examples:

- That must have been really frustrating
- That sounds really tough...
- I know you worked hard on that, and it makes perfect sense that you're disappointed...
- I totally get why you'd be really angry about that
- I'm so sorry to hear that
- I feel your sadness with you
- It's can be so painful when we have a employer who never acknowledges our strengths
- Right now is a super busy time It's a LOT.
- Right now is a super busy time. You've got a lot on your plate and I get how frustrating it is to not havetime for X

- You have moved beyond that relationship. Makes sense that it's bringing up many different emotions.
- That would have surprised me too
- Sounds like you really held your composure in a very tough situation
- I wanted that for you too
- Sounds like you gave it your best shot

Honoring What Is: A Practice

1) A great way to practice the skill of Honoring What Is...is to Honor What Is in your own life

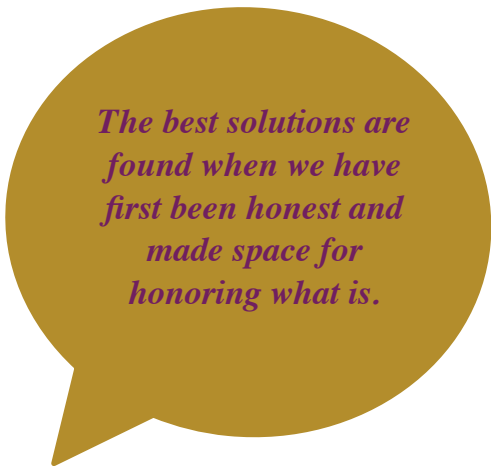
One of the most difficult – yet most healing practices we can offer ourselves is to truly and deeply Honor What Is in our lives and in ourselves. Most of the time, we judge What Is, we fight against What Is, we wish What Is away. And when we do this, we create deeper frustration, self-loathing, Victimhood and a negative outlook.

I have a regular practice of Honoring What Is – Honoring the not-so-savory things, the less-than-successes, the frustrations, the unfair luck of the draw. And the result of Honoring is the same as when we do this for clients: more calm, more peace, more grace, more hope, more validation, more trust.

I invite you to take some moments and list 10 things in yourself and your life that would benefit from Honoring What Is. Write each one down, and for each one, take a moment, hand on your heart, and deeply Honor It.

For example (from my real life!):

I Honor that my mother has a debilitating illness that has impacted me greatly. I honor myself for all I have been through as a result of her illness. I honor the pain, the disruption, the heart-ache. I also honor that I am who I am because of this, that my deep listening skills and ability to hold sacred space are a direct result of these experiences.



The best solutions are found when we have first been honest and made space for honoring what is.

2) Journaling

- How were not-so-savory things Acknowledged or not Acknowledged in your family of origin?
- Historically, how have family members and others responded/reacted to you when you have acknowledged not-so-savory things?
- When we avoid Honoring What Is, what are you *actually* avoiding or afraid of?



At Home Work

In coaching partner sessions or with clients, find something in the session to practice honoring what is.