



# *Sacred Depths* Certification

## **Energetics of Coaching Self-Quiz**

**1. What are Energetics & why are they important in coaching work with clients?**

**2. What's another name for the relationship with your client?**

**3. Name the 8 dynamics needed for a successful client relationship**

**4. What does "energy follows energy" mean in the coaching container?**

**5. What does it mean to level the playing field in a coaching relationship?**

6. \_\_\_\_\_ is created when the playing field is equalized.

7. What does it mean to see your client as whole and complete?

8. T/F It's critical that as you coach you have all the answers and all the solutions to your client's problems. Or be able to get them the answers.

**1**) Powerful Energetics of Being a Coach are about YOU setting the stage to have the most transformative & successful client relationships possible. The Energetics are about how YOU as the coach/practitioner show up for your clients – the energy you show up with and the energy that gets created in the container. The energetics are about how you understand that a strong relationship with your client is the basis of all you do together – because if your relationship isn't strong, it doesn't matter how amazing your questioning or strategizing skills are, they are going to fall flat. **2**) The Coaching Container **3**) Mutual trust, mutual respect, partnership, space for creativity, clear and honest communication, healthy boundaries, belief in highest vision for client, integrity. **4**) The energy that you bring to the container leads the energy that a client feels. If you bring the energy of confidence in your clients, your client is more likely to feel confidence in themselves, for example. If you are not embodying the energetics of a transformational coach, your client feels it whether they're conscious of it or not. **5**) 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. **6**) Trust, Mutual Respect, Vulnerability (and more!) **7**) There is no need to fix your client in any way. Give unconditional love, respect, and acceptance to your client. Feel how valuable and able they are. **8**) False - You do not have to all the answers or all the solutions.