



Sacred Depths Certification

The Energetics of the Coaching Relationship Part II Past Dynamics & Projections



*The relationship with your client can be as powerful,
motivating, healing & transformative as the coaching itself.*



Past Dynamics + Projections

- The relationship between you and your client is the foundation of the coaching container.
- When the relationship is out of alignment and the energetics aren't tended to then frustration, disengagement, worry, and/or stuckness can occur.
- When the relationship is aligned and the energetics tended to, there is a greater chance for more trust between you and your client. More vulnerability, more excitement, and more motivation also become possible.
- If you, as the practitioner, leave things to chance or inertia (i.e., if you don't take the lead managing the energetics of the relationship) then there is a good chance that at some point in the coaching relationship your client is going to unconsciously bring her family or past dynamics and patterns into the relationship.
- This IS going to happen; it's normal. But the more conscious your client can be about bringing them in and the more conscious you as the practitioner are about this happening, the more that together you can use them for her growth and as fuel to move her towards her goals instead of those patterns and dynamics working against her.

If family or past dynamics, patterns or projections are brought into the coaching container, you may detect any of the following:

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| • You're going to judge me | • You'll get angry at me |
| • If I tell you this, you won't love me | • You're pushing me too much |
| • You're making me do this | • You don't really believe in me |
| • You'll punish me if I don't get this right | • You don't really understand me |
| • You're going to betray me (or you won't be there for me if I need you) | • You're not paying enough attention to me |
| • You need to save me (or I need to save you) | • You're better than me |
| • You're trying to control me | • You don't like me |
| | • I'm scared I'm annoying you too much |

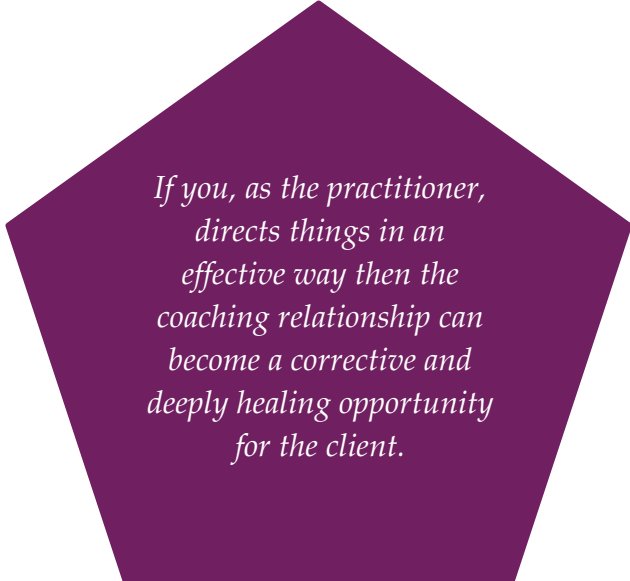
What to Do When a Client is Projecting onto You

1) YOUR AWARENESS

- Awareness is always HUGE. Understanding the human behavior (theirs and yours) so that you don't panic. So that you know it's normal, is HUGE.
- With the awareness, you then know that it's NOT ABOUT YOU as the practitioner. It's not about you. It's not about you. In fact, one of the things I've really learned over the years – and it's been hard for me to really learn – is that whatever a client brings to me rarely has anything to do with me. (Imp note: Except for when it DOES have to do with me. Always listen deeply, and check your filters and privilege FIRST).

2) CREATE AWARENESS FOR YOUR CLIENT: REFLECT THE TRUTH

- For example: *"Sometimes we can bring our family or early life patterns into the coaching relationship. It's totally normal. When we do it means that we feel safe enough in the coaching relationship. I am sensing that sometimes you worry that I don't approve of you and put a lot of energy there...which, by the way, is so far from the truth....I wonder if that resonates for you and if so what relationship in your life it reminds you of?"*
- Or, sometimes more direct: *"Stacy, I'm not your mother. I'm not going to forget about you because I'm taking a month off."*
- And then of course, after Creating Awareness – Go Deeper and Explore!



If you, as the practitioner, directs things in an effective way then the coaching relationship can become a corrective and deeply healing opportunity for the client.

3) PRE-EMPTIVELY BRING HEALING DYNAMICS AND PATTERNS INTO THE CONTAINER

One way to do this is to bring the archetypal energy of Ideal Mother/Father/Parent/Sibling/Leader into the container. This can be a transformative experience for the client.

To create this experience:

- Approach with an equal and leveled playing field
- Remain unattached, know this is not about you; leave ego out
- Actively practice loving your client
- Stay grounded every day as much as you can
- Practice Creating Awareness skills
- Be willing to be bold

Characteristics of Ideal Mother/Father/Sibling

***Please note: I have assigned "gendered" characteristics to parents in case that is helpful for you if you understand parental archetypes in a binary way. But this isn't the only way. Any parent can exhibit any characteristic. Adapt for yourself as appropriate.*

Ideal Mother

- Nurturing
- All accepting
- Loving
- Validating
- Consistent

Ideal Father

- Allow for many mistakes
- Motivate in positive ways
- Hold structure and boundaries in warm ways
- See highest potential of client.
- Get lovingly confrontational and bold if necessary but always with love and respect

Ideal Sibling

- Avoid putting yourself on a pedestal
- Don't hold yourself higher than client
- Hold an energy of there is enough success for everybody
- Keep your own competition in check.
- Show that you enjoy being with and hanging out with clients.



AT HOME WORK

Take your TOP FAMILY DYNAMIC that you discovered on our training call and journal on the following about it:

- Where are all the places in your life that this dynamic shows up?
- How has that impacted you?
- How has that impacted your ability to create what you want in your life?
- How has that impacted you as a coach?
- How would you like to shift this dynamic for yourself?
- What would you need to believe in order to shift this dynamic?
- Who would you need to forgive in order to shift this dynamic? (Who = which people outside of you as well as which parts of yourself?)