



Sacred Depths Certification

The Energetics of a Powerful Coaching Relationship



It's important to cultivate the powerful energetics of being a coach before anything else because it is the foundation of your coaching.



Understanding Energetics

- Powerful energetics of being a coach is about you, as the practitioner, setting the stage for having the most transformative and successful client relationship possible
- Energetics are about you understanding that a strong relationship with your clients is the basis of all you do together.
- True transformation happens in relationship, specifically your relationship with your client.
- What changes people is your energy and your presence as the practitioner.
- Your energy and how you direct your energy in coaching sessions as well as any interactions in-between coaching sessions is critical.
- How you as the practitioner shows up is at the heart of it all. It is what co-creates change for the client.

The relationship between you and your clients is referred to as the container. The container is where you deliver your how-to's and nuts and bolts information.

Energy follows Energy

- If you are not embodying the energetics of a transformational coach, your client feels it whether they're conscious of it or not.
- If you come to the coaching relationship with confidence in yourself, your client is more likely to have confidence in you and your work together.
- If you come to the coaching relationship confident that your client can succeed, then they are going to be more confident that they can succeed.

- If you come to the relationship with unconditional love and acceptance for your client's imperfections (and your own), then they'll be able to have more love and acceptance of their own imperfections.
- If come to the relationship not freaking out when there are obstacles and instead trusting that obstacles can be worked through your client will be more patient when obstacles show up. And your client is going to be able to trust that they can get through those obstacles with your support.

8 Important Dynamics

The foundation of energetics is vital because it allows you to honestly look at and course correct any misaligned inner dynamics, fears, perspectives, or limiting beliefs that are going on for you as the practitioner.

Working on those inner dynamics helps you as the practitioner be more clear, more grounded and much more in your zone of genius and leadership with your clients.

When you put the powerful energetics of being a coach in place, you discover that your relationships with your clients will contain the 8 most important dynamics that you need for a successful client relationship.

The 8 Foundations of a Powerful Coaching Relationship:

Creating a powerful, effective, and transformative coaching experience for your clients starts with a powerful, healthy and aligned coaching relationship.

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| 1 Mutual Trust | 5 Clear and Honest Communication |
| 2 Mutual Respect | 6 Healthy Boundaries |
| 3 Partnership | 7 Belief in Highest Vision for Client |
| 4 Space for Creativity | 8 Integrity |

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