



Sacred Depths Certification

Coaching Systems and Logistics: Beyond the Documents

“ *When you coach, the container starts to get created well before the first session.* ”

A Strong Container

The bigger concept behind creating, executing, and upholding your systems is about the energetics of holding a strong and powerful container for the coaching relationship.

- The documents that make up your systems create clarity and confirmation around expectations in the coaching relationship for both practitioner and client. This, in turn, creates a sense of safety.
- There is a sense of peace, safety and reliability when all parties know and agree upon expectations. Also, when those expectations are reinforced throughout the relationship.
- The clearer you are from the beginning, the less misunderstanding and confusion there will be, allowing everyone to settle in.
- Contracts and welcome packets are a big part of starting off powerfully. Use these documents to get clear about the practitioner's responsibility versus the client's responsibility.

A strong container
helps promote trust,
vulnerability,
appreciation and
forward movement.

Healthy Boundaries

Having healthy, aligned boundaries is either really challenging to set in the first place or to reinforce if a policy is not honored.

Warrior Woman Archetype

- Activating the Warrior Woman archetype is needed if having issues with boundaries
- The Warrior Woman is the one who knows how to set healthy boundaries.
- She knows how to serve deeply and well without taking over responsibility for others.
- She is the one who knows how to not let people walk all over her or make her a doormat.
- She also understands her own limits and what is important for her. She respects others while she respects herself.
- She knows how to be lovingly fierce when it comes to upholding boundaries for herself and for others.

Deeper Dive

Write yourself a letter from your highest-level warrior and see what she has to say to you.

Reasons you may struggle with boundaries

I. You're skilled at over-giving

- You may also consistently take over-responsibility for people in your life.
- This might look like needing to be in control because you don't trust other people to take care of things, get things done, or take responsibility for themselves.

II. You're scared you'll be alone or unloved

- This is almost always at the core for anyone who struggles with boundaries.
- The core wound of the undeveloped Warrior is the fear that you'll be alone if you aren't over-giving or taking responsibility for everything.

III. Fear of not being good enough

This can look like:

- A tendency to go over session time because of feeling like you haven't given enough.
- May send out a contract but feel scared to ask client to sign if they delay signing it.

IV. Scared either of another person's anger or of your own anger

- This one shows up especially for women.
- Generally speaking, in society, we are not taught how to properly manage our anger. We are not taught that anger is a natural emotion that comes up for all human beings. Instead, we are taught in subtle and not so subtle ways to ignore, avoid, or fear anger.
- The result of fearing anger is we try to over accommodate others instead of setting and upholding boundaries.
- Or, we try to cover up our own anger by over-giving (this is less common but can show up).

Journal Prompts (*from class*)

- Why do you struggle with setting boundaries with clients (or colleagues, friends, or family members)?
- What's the impact of not setting or upholding boundaries on you? Your energy? Your business? Your relationship with the client?
- How have you thought your over-giving has been serving others? Think of ways you've believed to be true.
- What might the benefit be for your client if you were to uphold your boundaries and not over-give or take too much responsibility.
- Are there areas in your life, where you have a fear of being alone in one way or another?

Journal Prompts (*deeper dive*)

- What was your initial reaction to the idea of putting systems in place within your business?
- What is your overall relationship to boundaries?
- This week notice how often you ignore or compromise your boundaries, in big or small ways. Get curious and see if you can identify what is underneath this for you personally?
- If you work with clients (or observe in personal relationships) - where do your clients have trouble with boundaries in their own lives? What type of support do you clients need from you around boundaries?

Suggested Materials

Before First Session

- At end of Enrollment Call, let the client know what's coming next with the items that are coming their way. Schedule first call and take payment at the end.
- A Welcome Letter to celebrate and affirm the choice to work together.
- Contract – wait to start coaching one-on-one until the contract is signed.
- Via email, give client an opportunity to schedule out all of their sessions [Scheduling Template]
- Welcome Questionnaire - include personal information questions like phone number, mailing address, birthday, etc.

While Working with Client

- Progress Report form before each session
- Half-way Progress Report or a mid-way call (if coaching package is 6 months or longer)
- Next Steps call when nearing the end of your time together

Ending/Closing Container

- Ending is just as important as the beginning.
- Offer client an opportunity to share what they will remember or are taking with them from the work you've done together.

At Home Work

- **Start working on putting these forms in place.**
- **If you have them in place, go back and review**