



Sacred Depths Certification

Understanding & Navigating Client Resistance

“If you’re not skilled at handling client resistance, it can stop the work and forward movement in its tracks.”

Understanding Resistance

Masterfully moving clients through resistance can help you avoid:

- Feeling drained, tired, or frustrated
- Questioning your confidence or abilities
- Overthinking client situation or worrying about it
- The client ending up frustrated or upset with you, or lose hope in the coaching process

Resistance is when obstacles come up for the client, and you as the practitioner feel like you don't have the green light from the client to continue working on the obstacle.

The way resistance gets expressed often points to a persistent dynamic or way of being that has been your client's MO for a long time.

Some common expressions of resistance:

- Not showing up on time
- Cancelling at the last minute
- Not showing up at all
- Having a bad attitude
- Not doing their homework or taking action steps
- Getting mad at you because they're not getting the desired results
- Being stuck in confusion
- "I just can't get it done"
- "Everything overwhelms me"
- Any implication that you as the coach aren't doing enough
- "I don't like this strategy."
- "I can't stop procrastinating."
- "Woe is me!"
- "I knew exactly what to do . . . but somehow messed it up anyway."
- "This is too hard for me; everything is harder for me."

The resistance is an energy or mask that your client takes on – usually unknowingly - in response to their fear around executing or achieving their goals.

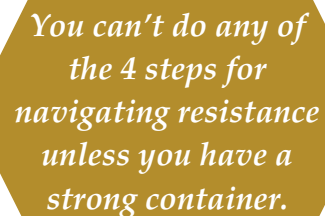
It is not necessarily the energy of who your client truly is; in most cases, it is NOT who your client is. It's that when she reacts to fear she puts on this mask or takes on this way of being. She is usually not aware she's doing it.

Navigating Client Resistance

When you have a client in resistance, it's critical that you as the coach work WITH the resistance rather than avoiding the resistance/pretending it's not happening or fighting it.

4 Part Formula to Navigate Resistance

- 1) Lovingly Create Awareness about the Resistance
- 2) Normalize what you're calling out
- 3) Explore the fear underneath the resistance
- 4) Co-create a solution for moving forward



*You can't do any of
the 4 steps for
navigating resistance
unless you have a
strong container.*

There is a hidden step that comes well before step one and that come back to energetics. The energetics of the coaching container:

- Creates the level playing field that allows you to have the conversation without the client going into shame.
- Provides mutual respect so this exchange can happen.
- Allows you, as the coach, to be curious about what's happening.
- Helps you as the practitioner to truly understand the nature of the resistance. The more you as the coach can understand that neither you nor the client have done anything wrong the cleaner you will be able to address it.

Journaling Reflections

- Do you have a certain way of being or reacting to stressful or potential growth situations?
- How do you react when you are not in your highest self?
- Is this a pattern for you?
- Where did this pattern come from?
- What fear does it hide?