



Sacred Depths Certification

Acknowledging & Celebration

“ *When you can masterfully celebrate with clients,
it helps to cultivate confidence, self-love,
and self-compassion.* ”

Celebration

- Celebrating is a powerful tool for helping clients reach their goals.
- It is powerful because successful actions and aligned visioning stems from what's working and what's going well, not from what's going wrong.
- It helps clients not get stuck focusing on the negative.
- Celebrating helps clients to be connected to their inner wisdom and to their positive energy (always in right balance with honoring what is).
- A general rule, human beings have a lot of trouble celebrating themselves. This is why celebration is such an important awareness and acknowledgement skill.

As transformational practitioners, one of our jobs is to teach our clients how to internalize the skill of celebrating themselves.

Human Behavior Around Celebration *(making it a hard practice)*

As a practitioner it's important to understand human behavior around celebration because if you don't you have the potential of shutting down your client, upsetting them, having the client lose trust in you, or silently agree but not take it seriously or take it in.

1. We tend to focus on the negative and what's not working
2. We get an icky feeling when being acknowledged and would rather not be seen
3. We don't want to get hopeful and then fail.
4. We are taught that it's obnoxious to think highly of ourselves or our accomplishments
5. We cannot see our goodness or how amazing we are because of unrealistic expectations
6. We don't know how to receive
7. We've already moved on to the next thing

Journaling Prompts *(from class)*

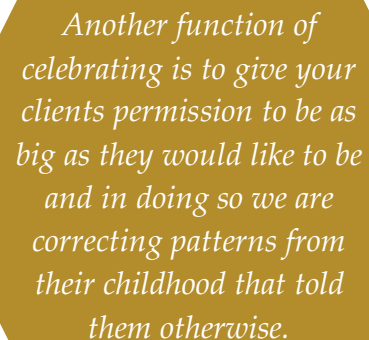
- How and how often were you honored and celebrated by your family of origin?
- When you were celebrated what was their motivation?
 - To be truly supportive of you?
 - Was the celebration to pretend that everything was okay when it really wasn't?
 - Was it to pressure you to continue to perform well?
 - Were you celebrated to compare you to your siblings or others in your family?
- What was the spoken or unspoken message behind the ways you were celebrated or not celebrated?
- How did role models or authority figures respond to you when you celebrated yourself?
- Do you tend to focus on the negative or on the positive? On your assets or on your deficiencies?

Journaling Prompts *(deeper dive)*

- How do you respond to the idea of celebrating in your personal life?
- Beyond birthdays and anniversaries, what other ways do you practice celebrating in your life?
- How do you personally receive compliments?

When to Acknowledge & Celebrate

- On pre-session form, ask what they would like to celebrate
- At beginning of session, set container and include what would you like to celebrate
- Anytime working with a client on a new project, before strategizing ask them to list assets and resources they have to help achieve their new project or vision.
 - Listing assets helps them see what they want to do is actually doable.
 - Gives them more confidence
 - Success is based on leveraging assets
- Celebrate as it comes up organically in a session
- Let clients know in different ways how much you respect, honor, and admire them
 - One of the sacred roles of a coach is to support clients in knowing they are a person of value. This is a sacred act.
- Cheer them on and encourage them but always do it with honesty and not exaggerated
 - This can be another way to hold clients' vision for them, at the times when doubt shows up and they can't hold the vision for themselves.
 - Sometimes a simple congratulations that is authentic and heartfelt goes a long way.



Another function of celebrating is to give your clients permission to be as big as they would like to be and in doing so we are correcting patterns from their childhood that told them otherwise.

A Practice

- For the next 7 days, take a few minutes every day and write down 5 things you want to celebrate.
- If you are working with clients: for each client, list out 1-2 things that you sense they are not adequately owning inside themselves or celebrating for themselves. Consider bringing it into your next session.



Partner Sessions

1. Experiment with mirroring simple truths
2. Keep working on reflecting hard truths
3. Find something in the session to practice honoring what is.
4. Find something to celebrate