



Sacred Depths Certification

Acknowledging & Honoring What Is

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Honoring What Is means supporting a client to become aware of or to connect more deeply with what they're feeling and experiencing.

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Honoring What Is

- Holding space for a client when not so pleasing or savory things happen in their lives.
- This is important because inevitably negative things come up and if we only cheerlead and push past to look at the positive, we are denying our clients the space to feel seen and heard in their experience.
- It is vital to honor what is even when it's not so pretty.
- Honoring what is means helping clients...
 - to feel confirmed and validated in what they're feeling or experiencing.
 - to know that they have a right to feel exactly how they are feeling, no matter what it is.
 - to know they are not weird or abnormal for struggling or for feeling the way they do.
 - to deeply accept their situation or parts of themselves.
 - to trust themselves
 - to feel nourished even in situations that don't work out as planned.

*Coaching is love in action
in a professional setting.
When we honor what is,
we show love to our client
and create an environment
of love for them.*

What Does Honoring Do?

- Helps client feel seen, heard, and loved.
- Deepens connection to you as the practitioner and the client becomes more willing to have a breakthrough.
- Allows client to see something they otherwise would not have seen.
- Gives client permission to acknowledge and honor their own experiences and feelings.
- They can metaphorically take a deep sigh of relief as a result of naming the thing, being with it in full honesty, not hiding from it, not ashamed of it, or having it in their blind spot.

When you honor what is, you are empathizing with your client. Often a client needs empathy more than rooting them on or strategizing. They need a space to be held and validated in what they are feeling.

Reasons it's hard to Honor What Is

- Because it's a skill to hold space for uncomfortable or painful things.
- You feel uncomfortable with discomfort.
- In your own life you don't have space to honor what is, so you feel uncomfortable with it.
- You're only comfortable with extreme positivity
- You think that whatever is bad or wrong is a reflection on you as a coach or on the coaching they've done.
- Our modern society is very solution focused. Before we find solutions, we have to honor what is. The best solutions are often found when we've been honest and first made space for honoring what is.

There is no one way to honor what is. Everyone has their own style and their own energy. After you honor, take a pause, and allow client to respond to these questions:

- What feels most important for you?
- What are you seeing for yourself?



At Home Work

In coaching partner sessions or with clients, find something in the session to practice honoring what is.