



# Sacred Depths Certification

## Deep Listening Self-Quiz

1. What are the 5 principles for being a masterful listener?

2. As a practitioner, you coach the  based on the

3. T/F: When you focus too hard on being a good coach, you inevitably stop listening

4. Explain why listening is not just about listening to your client but also about listening to yourself.

(1) a. Everyone wants to be seen, heard, and loved b. Be truly present in every moment. c. Listen to yourself as well as your client. d. Be curious. e. Listen for the who. (2) The WHAT; the WHO (3) True (4) Listening in a coaching session is a dance between listening to your client and to your own inner wisdom response based on what the client is saying. This deep listening allows you to hear what the client is saying and what is under the surface that wants to come forward.

5. What is a technique you can use to build your inner wisdom muscle?

6. \_\_\_\_\_ helps you to be more fully present.

7. What are filters and biases?

8. What is the role of empathy in listening?

*(5) A post session reflection, where you ask: what went well, what would I like to do differently next time, and what is my inner wisdom telling me about this client? (6) Curiosity (7) Filters and biases are the sum of all of the beliefs, perspectives, and understandings we have about the world. They are often deeply imbedded inside of us. (8) Empathy is essentially putting yourself in someone else's shoes. In coaching sessions, empathy is a tool to help you connect with what your client is experiencing even if you haven't had a similar experience yourself.*