The Coaching Container Resource Sheet

> ***In order to create a strong coaching relationship, you must create a strong coaching container. The container holds the coaching work together.***

Purpose of the Container

- Every client relationship, retreat, coaching session, or workshop you lead needs a container
- The container is not something you see. It holds the coaching work together. It helps you and your client come together as a unified whole. Helps you both stay engaged, and it helps you both not physically, emotionally, mentally, or spiritually drift and disconnect.
- Containers keep your clients connected to you during the session and also in-between sessions.
- Tight containers create a sense of trust and allow clients to be fully present, engaged, and vulnerable. They create the environment for the highest level of transformation and results.
- A leaky container in coaching looks like disengagement, confusion, or session falling flat.
- Think of the container as a loving circle being held around you and your client(s), so you can do powerful work together and it is contained in a safe way.

Creating A Strong Coaching Container

1. **Equalize the playing field**
    - *See Playing Field Resource Sheet*

2. **Prepare yourself and hold the container. Start paving the way ahead of the sessions.**
    - Emails sent ahead of first session are part of setting the container.
    - Setting clear ground rules and protocols for coaching and then sticking to those rules
    - The more you and the client can agree on the terms of the coaching – what the coaching will look like – the tighter the container will be.

3. **Be clear about protocols – this creates safety**
    - How long are coaching sessions?
    - What are your responsibilities as the coach, as well as what are your client's?
    - When are sessions scheduled?
    - Be clear on HOW sessions are scheduled.
    - Be clear on payments – how much and when they will be made

An ounce of pre-framing prevents a pound of reframing.

4. **Every coaching session is its own container**
    - You can have clients fill out aa pre-session accountability or prep form, where questions are asked to help prepare client for session.
    - Start each session by getting clear on the client's intentions for the call. Clarity on intentions and what the client would like to receive will allow the session to flow better and results to happen easier.
    - End each session by supporting the client to integrate what came through in the session. A great way to do this is to ask about takeaways, and to give follow-up homework or action steps.

5. **The entire coaching cycle is also its own container**
    - Consider having a kick-off call, during which you set intentions for entire cycle.
    - Have a closing call for integration
    - Possibly a mid-point call to assess progress
    - Be clear how quickly will respond to emails.