

Skill Focus



Honoring
What Is

Acknowledging
& Celebrating

Mirroring &
Reflecting Back

Honoring What Is

Supports our clients
to feel seen, heard,
and loved

Cultivates our clients'
trust in themselves

Strengthens the
Coaching Container

EMPOWERED COMPASSION: Honoring what is **WHILE**
ALSO seeing the client in their strength & possibility

Acknowledging & Celebrating

Outer Wins &
Inner Wins

Support clients to
internalize the
celebration

Make Note

Celebrating is
challenging for
many clients

Successful actions and aligned visioning stem from what's
working well, not from what's going wrong

Toxic Praise



- Separate praise from recognition
- Praise feels icky because it's external validation
- Recognition is empowering because it's reflecting back