

Energetics of the Coaching Relationship

Creating a powerful, effective, and transformative coaching experience for your clients starts with a powerful, healthy, and aligned coaching relationship

Energetics

Understanding Energetics

- The energetics are about how we, as the PRACTITIONER, show up
- Energetics are at the heart of the transformational work

Coaching Container

- The RELATIONSHIP between you and your client
- The phrase 'container' is a linguistic tool to bring attention to the 'doing' of creating & holding the space for the relationship to thrive

Energy Follows Energy

- Embody the energetics of a transformational coach
- Step into the container with the energy of transformation (ie: *love, acceptance, confidence, trust in the unfolding*)

8 Foundational Dynamics

1. Mutual Trust
2. Mutual Respect
3. Partnership
4. Space for Creativity
5. Clear and Honest Communication
6. Healthy Boundaries
7. Belief in Highest Vision for Client
8. Integrity

Level Playing Field

