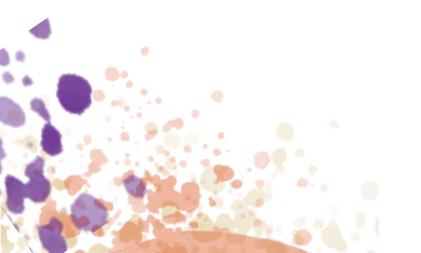
# Energetics of the Coaching Relationship

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



### **Energetics I**

## Energetics

### Understanding Energetics

- The energetics are about how we, as the PRACTIONER, 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)



### **Energetics I**

# 8 Foundational Dynamics

- 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

