Understanding Accountability

- ## What is it?

  Accountability is being held responsible for taking **aligned** action on the inner and outer tasks you or your clients have committed to taking

Understanding Accountability

- ## What is it?
  Accountability is being held responsible for taking **aligned** action on the inner and outer tasks you or your clients have committed to taking

- ## When?
  Usually, but not always, after a breakthrough or new awareness

Understanding Accountability

- ## What is it?
  Accountability is being held responsible for taking **aligned** action on the inner and outer tasks you or your clients have committed to taking

- ## When?
  Usually, but not always, after a breakthrough or new awareness

- ## Be Aware

  Can be tricky for many of the reasons we've learned about in previous modules (*i.e. change, fear, etc.*); PLUS some additional reasons that are specific to accountability (*which we'll look at today*)

Understanding Accountability

- ## What is it?
  Accountability is being held responsible for taking **aligned** action on the inner and outer tasks you or your clients have committed to taking

- ## When?
  Usually, but not always, after a breakthrough or new awareness

- ## Be Aware
  Can be tricky for many of the reasons we've learned about in previous modules (*i.e. change, fear, etc.*); PLUS some additional reasons that are specific to accountability (*which we'll look at today*)

Pro Tip
Expect that accountability may bring up resistance

Our Role, as practitioners

✓

- Support our clients to be accountable to their goals

- Help our clients build their accountability muscles over time

- Stay Curious

- Check our own filters

X

- Remember that we cannot "make" our client do anything

- Don't make it about you as the practitioner in any way

- Don't pathologize (*do normalize*)

Pre-emptive Accountability

- **Motivation**
  Activate desire, avoid pain, build on strengths

- **Clarity**
  What are they going to do?

- **Accountability Set Up**
  How does the client wish to be supported? Co-create solutions

- **Prepare Foundation**
  Setting up the environment for success

Ongoing Accountability

*If our client is repeatedly **not** taking action*

Name it, Normalize it

Obstacles?
Tap into tools for supporting clients with obstacles

Explore Alignment

Next Steps
Co-create next steps + hold a tighter container (short term)