



Sacred Depths Certification

Energetics of the Coaching Relationship Self-Quiz

1. The _____ between you and your client is the foundation of the coaching container.

2. What is at risk of happening if the practitioner doesn't take the lead in managing energetics?

3. What are 3 things you can if a client begins to project onto you?

4. Which of the following may you hear if family dynamic, patterns or projections are brought into the coaching relationship?

- a. You don't really believe in me
- b. You're going to betray me (or you won't be there for me if I need you)
- c. You're going to judge me
- d. I'm scared I'm annoying you too much
- e. All of the above

(1) Relationship. (2) The client is going to unconsciously bring their family dynamics and patterns into the relationship. (3) a. Increase your own awareness; b. Create awareness for the client by reflecting the truth; c. Pre-emptively bring healthy & ideal dynamics and patterns into the container. (4) E – All of the above.

5. T/F: What happens in the coaching container is a microcosm of what happens outside of the coaching container as well.

6. What are some characteristics of the Ideal Parent that you can bring into the coaching container for healing of patterns and dynamics?

7. Which of the following are NOT characteristics of the Ideal Sibling?

- a. Avoid putting yourself on a pedestal
- b. Holding yourself higher than client
- c. Hold an energy of there is enough success for everybody
- d. Keep your own competition in check.
- e. Show that you enjoy being with and hanging out with clients.

5) True. 6) Nurture, loving, all accepting, validating, consistent, motivating 7) B - Holding yourself higher than the client