



Sacred Depths Certification

The Energetics of the Coaching Relationship Part II Deeper Dive



What happens in the coaching container is a microcosm of what happens outside of the coaching container in the real world.



Journal Prompts *(in class)*

- What are some of the unhelpful dynamics or patterns that you have (or have had) with your parents (If it's helpful you can look at each parent separately)? Or a primary caretaker?
- What are some of the unhelpful dynamics or patterns you have (or have had) with your siblings? Or any stand-in for a sibling, e.g. a close cousin or a close family friend?
- When you've been a client, how have you brought any of these family dynamics, patterns or projections into the relationship?
- How have your clients brought some of their dynamics into the relationship with you?
- What are your own family patterns or dynamics that you bring to the coaching container?
- If you've worked with a coach or other practitioner what are you seeing that the practitioner was bringing in that was unchecked and really affected/impacted the container.

At Home Work



- 1) Track your coaching and non-coaching relationships this week for where you might be bringing in unchecked Family Patterns, Dynamics or Projections.
- 2) Become aware in your coaching or buddy coaching sessions on how your coachee may be bringing unchecked Family Patterns, Dynamics or Projections onto the relationship
- 3) If you are working with any coaching clients, make a list of each one and write notes on which of their own family or past dynamics they are bringing into the container.
 - How have you handled (or not handled) this so far?
- 4) Set the intention before your coaching sessions to bring in the archetypal energy of Ideal Mother, Father, Sibling or Leader.