

Intentional Energetics



Relationship, Energetics, Content

Our role as the coach is so much greater than the content we deliver for our clients



Intentional Energetics

When tended to, energetics create the environment for transformation



Unguided Energetics

When left unguided, morphs into a microcosm of what happens outside of the coaching container

Projections & Patterned family dynamics





Projections can lead to
stalled progress

OR

They can be leveraged for
transformational gold

Projections In-Action *(some examples)*

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- You are going to judge me
 - If I tell you this, you won't love me
 - You are MAKING me do this
 - You are going to betray me
 - You won't be there for me
 - You need to save me
 - I need to save you

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- You are trying to control me
 - You are pushing me too much
 - You don't really understand me
 - You don't really believe in me
 - You're better than me
 - You don't like me
 - I am scared I am annoying you

What other examples come to mind?

How to Navigate

Your inner-game, as a Coach

- ① Awareness (your own)
- ② Check your filters & unchecked family patterns
- ③ Stay Grounded
It's not about you (unless it is)
- ④ Love, love, love
Approach from a place of love and service

Practical Application

When working with a Client

- ① Create Awareness for the client
- ② Normalize it
- ③ Call on the Archetypal Energy
Pull in what's needed, model the archetypal energy