



Sacred Depths Certification

Equalizing the Playing Field Resource Sheet

“ *You and your client have different roles but there is no person in the coaching relationship who is better than the other or more powerful than the other.* ”

Importance of leveling the playing field

- When you level the playing field, you see both you and your client as able, as mutually worthy of respect.
- Trust is created when the playing field is equalized. It is also where respect gets started.
- When there's an equal playing field, you've created an environment for true partnership to happen.
- If you aren't conscious of it and don't actively work to equalize the playing field, it's very easy to fall into the trap of not owning your brilliance or your expertise or not seeing yourself as smart enough or intuitive enough or [fill in the blank] enough. When this happens, you start seeing client as better than you or as smarter than you.
- The other way this shows up is when you come believing somewhere inside of you that your client isn't as good as you.
- In either scenario – approaching the coaching relationship as either you or the client are less than – you're setting yourself up for having a hard time helping client in the way you want to help them. You are energetically creating an unbalanced relationship. One that's about fear or shame or miscommunication instead of alignment, openness, and an equal meeting of the minds.

An equal playing field in the coaching relationship means you, as the coach, are approaching the relationship as if you and your client are two equal partners.

Clues the playing field is not equalized

1. You feel nervous or inadequate before, during, or after client interactions
2. You are not totally honest in communication with client. Not calling them out on things they're ready to hear or not making certain suggestions to them.
3. If you focus a lot more on your own needs or concerns or fears in your interactions with clients instead of focusing in on clients. If you're making it more about you than the client.
4. If you feel drained by the client relationship.
5. If you find yourself consistently concerned your client isn't going to succeed
6. If you are doing way more than you need to for the client.

How to Equalize the Playing Field

1. Really know your clients are whole and complete exactly as they are.
 - There is no need to fix your client in anyway.
 - The moment you approach the coaching relationship as if you need to fix anyone or their problems, it is no longer equal and won't be as effective.
 - Give unconditional love, respect, and acceptance to your clients and feel how valuable your client is exactly as they are.

Journal Prompts

- > Where in your relationships are you making the client (or friend/family member/colleague) less than you?
- > What are the judgments or assumptions you make about your clients? Get as specific as possible.
- > Where have you been feeling like your client (or friend/family member/colleague) are less than whole and complete?
- > Whatever you've identified, how is this impacting the relationship? (e.g., are you are overworking as a result? Not really being totally honest?
- > Reframe the assumptions you've made about the client. For example, "Jack will not stick to a food plan for more than two days" is an assumption. You can reframe it to, "It is challenging for Jack to stick to a food plan, but he's asked for my support for a reason. I sense with encouragement, accountability, and food planning he'll be able to do it."

2. Deeply know YOU are whole and complete exactly as you are
 - As soon as you approach client interactions from a place of not knowing you are whole and complete as you are things start to go off kilter.

Journal Prompts

- > Look at your current client relationships, where are the places where you're making yourself less than the other?
- > What are the judgments that you're making about yourself? Get as specific as you can.
- > Where are you feeling like you're not smart enough or skilled enough or not successful?

- > How is impacting the relationship?
 - > How can you reframe this judgment of yourself?
3. Remember, you are not perfect, and neither is your client
 - Perfectionism or striving for it causes you to forget your clients are whole and complete.
 - It also causes you to expect more from yourself than is possible or even helpful.
 4. Sometimes coaches have a mistaken belief that you need to have all the answers
 - You do not have to all the answers or all the solutions.
 - As soon you think you have to have all the answer you go into fix it mode, which is unhelpful for the client in the long run.
 5. You don't need to be anything but yourself
 - You don't need to be whatever it is you think a coach is supposed to be.
 - Be YOU!
 6. You are not WHOLLY responsible for anyone's growth or results this is a partnership
 - What can mess coaches up is thinking it is your job to bring results for your clients.
 - As soon as you go there, it is no longer an equal playing field.