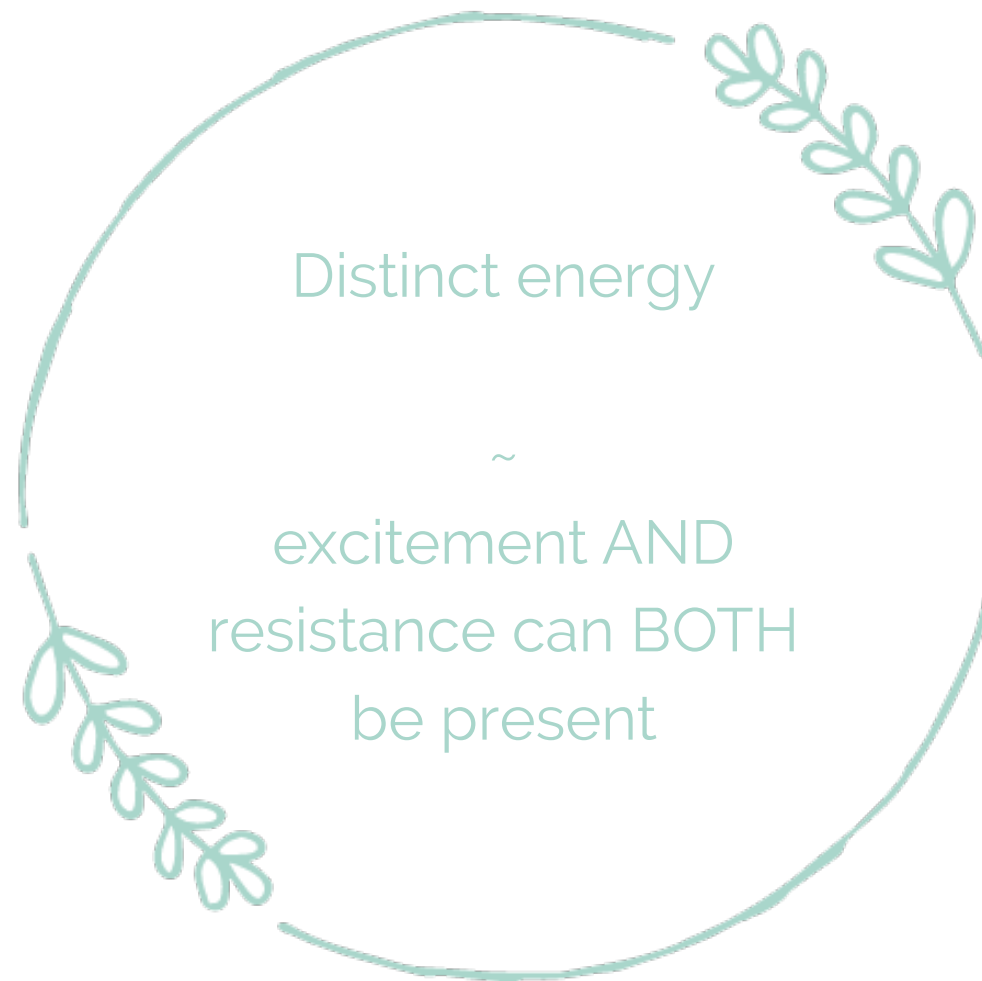


Energetics of New Things

As a coach, the better you understand the energy of new things, the better you'll be able to support your clients to navigate new things with inspiration, energy, and curiosity



Four Phases in a Project

Visioning
Initiation
Planting

You almost always begin
in the mystery



Change is a process



Starting something new

Also means letting go of something old



When a client is resistant to visioning

- Help create awareness
- Normalize it
- Explore it
- Support the client to build resilience
- Lean into strategy to bridge the gap