

Session 31: Connecting with ourselves

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Module 6

Connecting with ourselves and our children

- ✓ 3 steps home approach
- ✓ Life impacting identity
- ✓ Life impacting behaviour
- ✓ Connecting with our children

Finding WHAT Matters

COACHING SKILLS FOR PARENTS

Today we are exploring

- ✓ Overview of 3 steps home approach
- ✓ How this is relevant to this module
- ✓ Questions that you can ask at each stage
- ✓ Indications you may want to use this approach



What does connecting with your whole self mean to you?

- ✓ Finish these sentences: I am connected with myself when… I connect with myself by…
- ✓ How do you feel when you are connected with yourself?
- ✓ How does it feel in your body when you are connected with yourself?
- ✓ What helps you to identify when you are connected with yourself?
- ✓ How does your level of connection impact on what you want to do, be or have?
- ✓ What helps you to explore connection with someone else?
- ✓ How do you know when you are no longer fully connected with yourself? What does that feel like?
- ✓ What else do you notice?
- ✓ What do you want in place to work with connection in your coaching practice?
- ✓ Explore the different resources relating to connection in the course materials for ideas

3 Steps Home:
Step 1 – connecting with myself

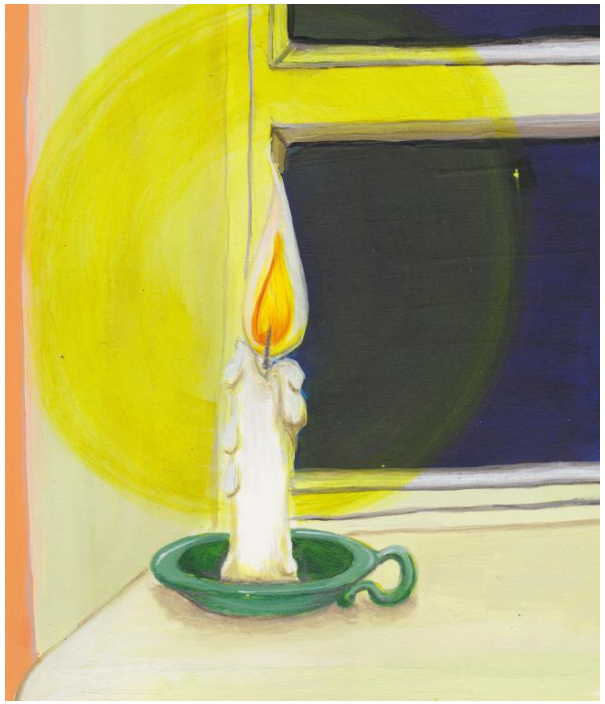
- ✓ Truth: connecting with body in the present
- ✓ Home: my body is my sanctuary
- ✓ Stories we tell ourselves: noticing the meaning we are making
- ✓ The spark: making space for magic
- ✓ Healing: being with feelings
- ✓ Creating space for me: lovingly giving space for all experiences
- ✓ Deep empathy: hearing the words you need
- ✓ Love: bringing more love to the situation



3 Steps Home:
Step 2 – connecting with my inner child

Words you can use to connect with your inner child:

- ✓ You are safe
- ✓ You make sense
- ✓ You are valuable
- ✓ You have shiny ideas
- ✓ You are held
- ✓ You have space
- ✓ You are loved



3 Steps Home:
Step 3 – connecting with the universe

- ✓ The next right step
- ✓ When I don't know
- ✓ When things fall apart
- ✓ When I fall again
- ✓ Searching for the light
- ✓ Daring to dream
- ✓ Co-creating with the universe

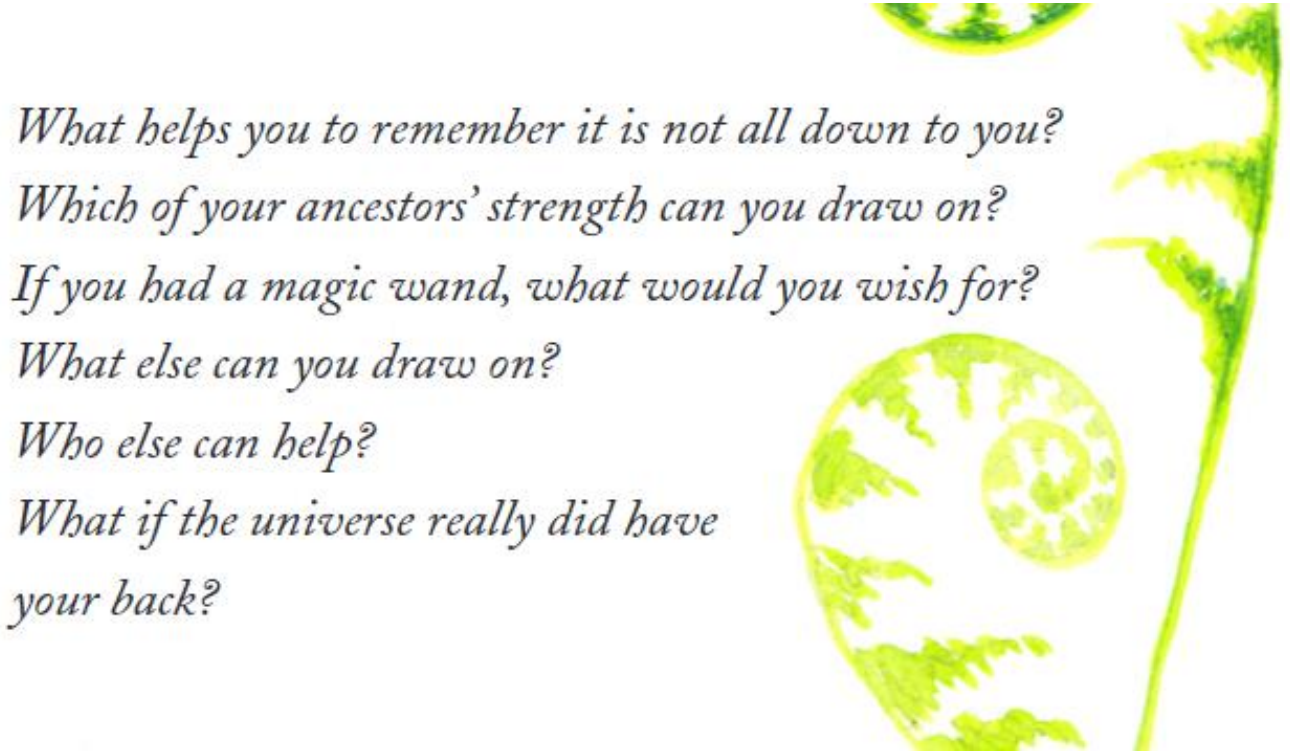


How 3 steps home helps us to connect with ourselves and our children

- ✓ Gentle approach to exploring common themes that arise when people start to explore triggers / inner child
- ✓ Journalling prompts for each chapter gives an opportunity to engage with the topics at a calm pace
- ✓ Can be opened on any page and just see what arises
- ✓ Section 2 on inner healing can be helpful for people who have not had experience of secure attachment - what words do I use?
- ✓ Could be given as homework when coaching or specific sections could be used in a session as a resource
- ✓ Each part of the book could also be used with a child
  - ✓ Worked through using the book
  - ✓ Taking activities or phrases out and weaving them in to interactions

Questions that you can use at each stage

Here is an example:



Indications you may want to include this approach in your coaching

- ✓ Coachee has been triggered and expressed an interest in doing inner child work
- ✓ Coachee is wanting to develop more secure attachment within themselves and isn't sure how to do that
- ✓ Coachee would like to develop more secure attachment with their child and are not sure about the words to use
- ✓ Nature parents (mother earth and father sky) can be so helpful to develop our connection with, as part of our approach to extending our secure attachment
- ✓ It can also be very grounding to support our children to develop their nature connection as part of their secure attachment

What this means for you personally

- ✓ Reflect on your awareness of your own connection with yourself – what do you notice?
- ✓ Use the questions at the start of this session to help you reflect
- ✓ Identify 3 ways you want to explore your connection over the next month – with awareness that you can explore other aspects another time
- ✓ Plan what you will do over the next month to bring awareness to your own connection
- ✓ Look through the lens of how your awareness of your own connection is helping you with your parenting
- ✓ Consider how awareness of connection can help other parents

The importance in a parenting context

- ✓ The ability to connect with yourself will naturally influence your parenting, whether you focus on it or not
- ✓ You can share this ability with coachees, both formally by showing and explaining, and informally by modelling the approaches in your sessions
- ✓ You can pick the knowledge, skill or behaviour that feels relevant in the context:
  - ✓ Introducing the coachee parent to the concept of developing connection may help the coachee to explore connection with their child, supporting them both to become more securely attached
  - ✓ How could the coachee explore connection with themselves and with their child to help the coachee's child to flourish?
  - ✓ How does the child feel in their body when they have safe space to explore connection?
  - ✓ How can the coachee check in with their child to develop connection further?
  - ✓ What can the coachee do to move the child's connection with themselves from the house to other places?
  - ✓ How can the coachee negotiate with others to ensure the child's connection is prioritised?