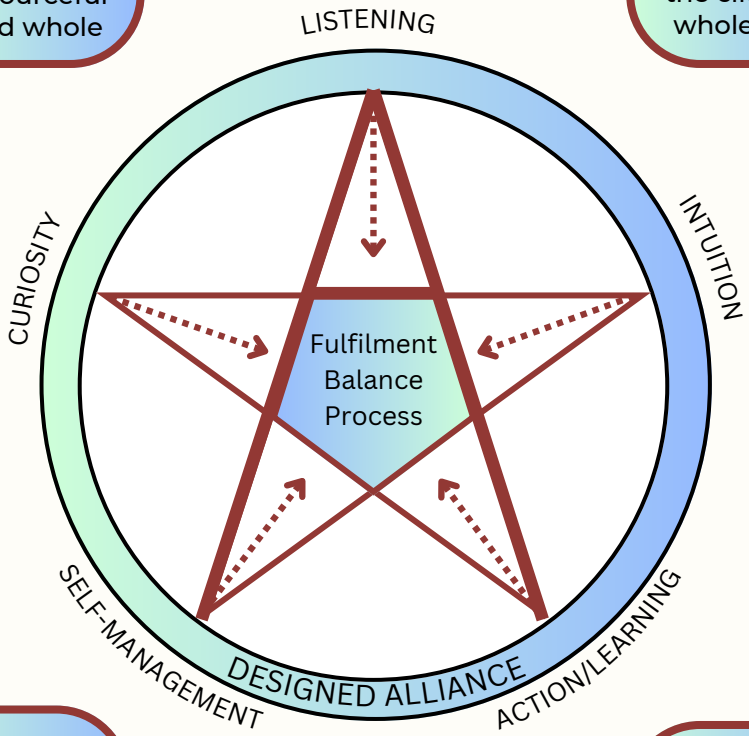
FINDING WHAT MATTERS

C O - A C T I V E

C O A C H I N G

The client is naturally creative, resourceful and whole

Co-Active Coaching addresses the client's whole life



The agenda comes from the client

The coach dances in the moment with the client

FINDING WHAT MATTERS

CO-ACTIVE

COACHING

Menu

STARTER

Grounding:
Body scan, tapping, box breathing, feeling emotions in body, stretch-shake-sooth, hand massage, breathing in sync

Getting started:
Contracting, You are here, Where is here? Wheel of life (or other assessments)

Opening Questions:
Where do you want to make a difference in your life?
What do you value most in your relationship with others?
What works for you when you are successful at making changes?
Where do you usually get stuck?
What motivates you?
How do you deal with disappointment or failure?
How are you at doing what you say you will do?
Designing the future:
Desired outcomes and goals
Goals and commitments worksheet
Compelling vision
Who you need to be

Orientation to coaching:
Assumptions, Expectations, Old habits die hard – preparing for the dip when reality of action being challenging kicks in, Daily habits worksheet and tracking log, Structures that help client take action

C O - A C T I V E

C O A C H I N G

M A I N S

Coaching fulfilment *-living a life that is valued and alive*
Values clarification activity
Level of satisfaction: wheel of life
Exploring values in decision-making
Future self visualisation
Life purpose activity and statement
Meeting your saboteur

Balance coaching – *living a life that is in action and flowing*
Activities for changing perspectives
Perceptual positioning
Future self
Exploring choice and how the client makes decisions
Planning by exploring a range of possible options and narrowing the list to lead to more flow
Saying yes, saying no activity
Making a commitment
Taking action before the next session

Process coaching – *being with*
Step 1: The coach hears the turbulence and names it
Step 2: The coach asks for permission to explore the territory
Step 3: The client experiences the sensation or emotion
Step 4: A shift happens and the client integrates it
Step 5: Movement happens

FINDING WHAT MATTERS

CO-ACTIVE

COACHING

DESSERT

Closing Questions:

Would you be able to summarise what action you will take as a result of the session?

Reflecting on the topic you brought to the session today, how well do you feel we met your original objective?

What do we need to take into account next time?

What could I do differently next time to make this session even more powerful for you?

What could I do more of, less of, and the same next time?

What else would be helpful?

Confirm homework inquiry

Grounding to close:

Body scan, tapping, box breathing, feeling emotions in body, stretch-shake-sooth, hand massage, breathing in sync

Adapted from Co-Active Coaching, New Skills for Coaching People Towards Success In Work And Life (Davis-Black: 2007) by Laura Whitworth, Karen Kimsey-House, Henry Kimsey-House and Phillip Sandahl

THANK YOU