



Guidelines and Instructions For Working With Partners :

1. If you are both lower energy, begin with the resistance exercise.
Coach: What do you have resistance about? Partner: [answers]
Coach: Could you let it go? Partner: [answers]
Go back and forth between you until one of you feels ready to coach the other.
2. Ask your client what they'd like to get coached about.
Ask, "What do you feel stuck with?" or
Ask, "What's a goal you'd like to work on?"
3. If you're not sure how to coach someone, ask questions about their situation and help bring their awareness to the underlying feelings, thoughts and/or beliefs.
4. Some helpful coaching questions:
 - is that what you want to be experiencing or would you rather be free?
 - what would you rather be experiencing?
 - how important is it to you to get past the problem and have a new experience.
 - how committed are you?
 - what stands in the way of resolving or having something?
 - if you knew your freedom was on the other side, could you let it go?
5. When you see a place your partner is losing energy ask them if they would like coaching on that point.
6. Bring their attention to the inner experience over and over again, as most people are not in habit of being specifically aware of the vibration of their thoughts, feelings, and beliefs they're suffering with.
7. At the end of your turn being the coach ask them if they feel their stuckness/challenge/pain point is resolved, or does it feel like they could continue working on it on their own.
8. After coaching someone to a resolution, decision, and past resistance, ask them what action they can now take to follow through (from the 4 Reasons People Get Stuck in Module 2).
Also ask them by when they will do it, and if you feel they would benefit, ask them to ping you when they've completed the step.
9. For privacy and boundaries sake, outside of a practice coaching context don't ask your partner about their situation you coached them on. Allow them to bring it up, or don't mention it.
In the coaching context, absolutely ask them how it went for them after the coaching.
10. If you feel like you said the wrong thing as a coach, or even if you didn't, just say, "was that helpful?" and be open to hearing any answer.
11. Give each other feedback in between turns for 1 - 2 minutes.