

# Better outcomes through **focused** coaching





# NOTICE

What's happening inside of you

- Persistent thoughts
- Strong emotions
- Vocal tone\*
- Phrasing\*
- Body language\*

*\*Noticeable to client*

# IDENTIFY

What's getting in your way

**Self-doubt**

**Defending**

**People-pleasing**

**Clock-watching**

**Impatience**

**Anticipating**

**Problem-solving**

**Advice-giving**

**Normalizing**

**Judging**

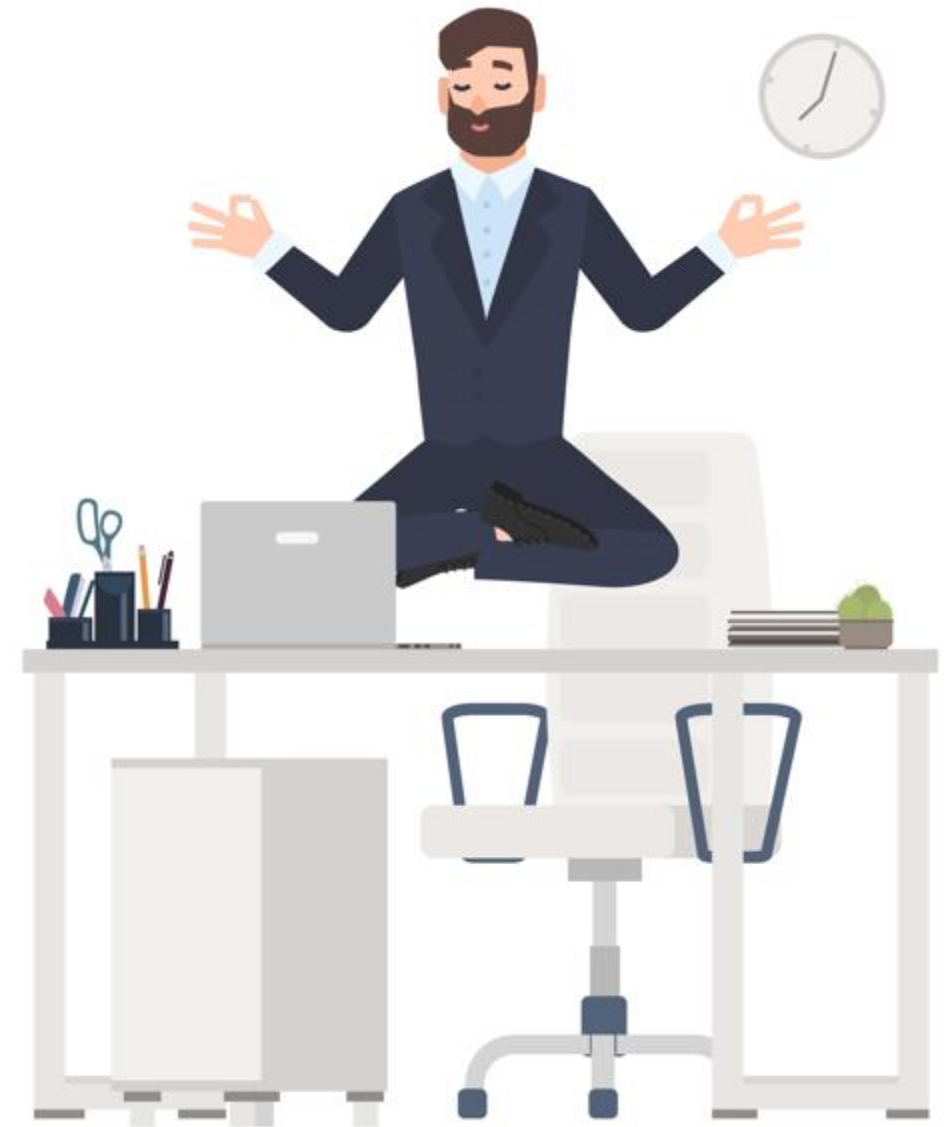
**Teaching**

**Agenda-holding**

# CONNECT

Engage senses and resources

- Connect with the breath
- Glance at your parts list
- Ask client to repeat
- Reflect using client's words
- Be curious about where they are
- Write questions to bring up later
- Jot distraction to reflect on later





# EXPRESS

Be transparent, thoughtfully

- Let client know that you need a minute to refocus
- If triggered, explain generally what is happening within you
- Pause for a mindful breath and invite client to join you
- Step away for a moment
- End the session or the relationship

# EXPLORE

Take care of yourself

- Journal after the session
- Reflect on what you need to do to prepare next time
- Begin a meditative practice
- Talk with other coaches
- Engage a coach supervisor
- Find a therapist



# Resources



## Explore and Manage Your Parts

- Individual Coaching Session (45min): [yourwisdomcoaching.com/contact](https://yourwisdomcoaching.com/contact)
- NICE! Expansion Course – **save \$100**: [yourwisdomcoaching.com/contact](https://yourwisdomcoaching.com/contact)

## Internal Family Systems

- *No Bad Parts* book by IFS founder, Richard Schwartz: [ifs-institute.com/store](https://ifs-institute.com/store)
- *Self-Therapy* book and workbook by Jay Earley, PhD: [selfcapacities.com/books](https://selfcapacities.com/books)

## Meditation / Mindfulness

- Sounds True *Mindfulness Daily* Free Series: [soundstrue.com/products/mindfulness-daily](https://soundstrue.com/products/mindfulness-daily)
- Insight Timer Free Meditation App: [insighttimer.com/](https://insighttimer.com/)