

COACH BEING SKILLS

MINDFULNESS

...is the difference-maker, the game-changer. To notice and see. To notice "what is". Not to obsess and evaluate. Who am I being? How am I being?

EMPATHY

...respectful understanding of other persons feelings, needs, and desires. Having that desire to understand another person, having authentic and genuine curiosity. Being ok with wherever the other person is at. Not fixing things. However YOU are...is ok. There's room for that. I'm validating that. I'm trying to understand that. I'm trying to connect.

AFFIRMATION

...conveying acceptance and appreciation of another's thoughts, feelings, and choices. Recognizing we are all doing the best we can at this time. Trusting the process. Deep acceptance of the moment and the client. Having the belief that we are able to move forward despite trying times/situations. You are capable, resourceful, and whole. There is perfection in every situation.

ZEST

...optimism and hope in this sparkling energy. Cultivate zest by gratitude practice. Finding the positivity in every situation. Notice and name. Brainstorming. Anticipation. What's possible?

PLAYFULNESS

...don't take yourself too seriously. "Coaching is serious business, but not the business of seriousness." Looking for the humor. As coaches we need to show up with some lightness at times. Laughter is good for the soul. Being able to and share in laughter. Laughter changes the dynamics. Laughter and playfulness shift focus (in a good way). It lowers resistance. It increases creativity.

AUTHENTICITY

... being true to yourself, as a coach. You can be vulnerable, you're human, you're in the same process.

COURAGE

... taking risks.

CALM

...my certainty is greater than your doubt. There is strength in being calm. Being grounded.

WARMTH

...holding space for the client and having unconditional positive regard. Being engaged. It has to be tailored for every situation.