



Typical Life Coach Podcast

Episode 1

Show
Notes
1

Truths →

You can create a thriving coaching practice by focusing on serving people rather than spending most of your time on marketing and everything else that has very little to do with actually coaching someone.

Eckart Tolle explained that helping people happens in two ways—it's about the energy you emanate as you are present as well as what you say to them.

Our Insight Coaching Guiding Principles outline a way of being completely present that includes showing up empty, speaking less, listening deeply, and asking powerful questions. This allows people to access their own inner-expertise, which is the essence of what it means to be a powerful life coach.

Quotes →

“The obstacle is you think it's up to you to help them. It's not. In fact, you wouldn't know how to. I wouldn't know how to. You have to allow it to happen by holding the presence.” ~Eckart Tolle

“Whether you are with one person or a group of people, the most powerful place is to not know. But you have to be comfortable with not knowing.” ~Eckart Tolle

Insights →

Insight equals action, and it's the only point of change for people. We cannot change unless we have an insight. We will always do what we've always been doing and think the way we've always been thinking... until we start to see things differently. Insight is the distinction between trying to run the maze better and realizing there is no maze.



For More → [InsightCoachingCommunity.com](https://www.insightcoachingcommunity.com)



Typical Life Coach Podcast

Show
Notes
2

Episode 1

Powerful Coaching Questions →

(Ask YOURSELF this to speak less as the coach)—How do I know what I'm about to say is more important than what my client is about to think?

(Check in during the session)—What are you getting out of this so far?

(Incredible question, giving the client the chance to ask the question)—What would be the most powerful question I could ask YOU?

(Powerful closing question)—Considering what you're now seeing to be true, what does this say about your intention to act in integrity? (or—Considering what you're now seeing to be true, where are we at with your goal for the session?)

Use This →

When connecting with people and inviting them to a gifted coaching session, in order to remove most of the imposter syndrome that might arise, say this:
"I don't know if I can help, but I'd love to try."

Final Thoughts →

As you continue listening to the TLC Podcast, John is going to teach you a multitude of ways to get comfortable in EVERY area of this business. It begins and ends with coaching. If you want to create a thriving coaching practice, your primary goal needs to be to coach as much as possible. And in order to coach as much as possible, you will have to get proactive and start creating relationships and having conversations, rather than spending all day stuck behind a computer. Tune into Episode 2 of the TLC Podcast for more insights on exactly how to do that!



Connect with John Strasser on Facebook **HERE**