

How I Coach

Every coach has his or her own coaching style. Here is a brief description of my approach.

1) I commiserate/agree with my clients.

I make my clients feel good, show them that I care, help them to believe in them (because I DO!).

2) I share what I'm sensing from my clients.

I intuit, point stuff out, and tell the truth if it needs to be looked at.

3) I ask the obvious questions.

I want facts, feelings, and preferences, and I want them to know these as well.

4) I step back, look for the whole picture, and discover how their situation or problem is perfect.

In other words, they've gotten themselves where they are for some reason and I want to know that reason, because it provides the context I need to have a clear perspective.

5) I talk about the state my clients want, the most perfect place for them to be at, or the most ideal result they want.

Most clients have never had someone do this with them, to this extent.

6) I tell my clients what I think is going on.

I provide words/language for what I see going on. I help them to label these things, so they can see the events, situation, or problem distinct from themselves.

7) I ask my clients what they need or want from me right then.

I want them to use me as they want to. I need to know their needs and my role.

8) I present and we discuss, several strategies or solutions — often unconventional.

I like to offer simple advice that fits perfectly, tailored to their personality, priorities, and resources. Sometimes my advice is counterintuitive, but it usually works.

9) I sense/share the next evolutionary step for my clients.

I listen for missing distinctions and for shifts that the client is ready to make. I look for the next step of an Evolutionary Progression.

10) I ask my clients to do more than they would do on their own.

I like to stretch them when the timing is right.

| FB083