

## Session #10 Outline

**Use this template, the attached client handout, and your personal power homework to help your client **AKNOWLEDGE** his or her journey.**

### 1. What's Going Well

Continue the ritual of beginning your sessions by focusing on what's going well.

### 2. Challenges/Coaching Around Not Following Through or Obstacles

Coach on challenges if necessary.

### 3. New Content: Acknowledgement

- Take the client on a journey to review how far he or she has come. Look back at your initial conversation, the closing the deal conversation where they first expressed their challenges.
- Standing where they are now, have them look back at themselves nearly 3 months ago and see what obstacles they had to overcome, see what they had to learn, how they feel differently, how they think differently.

(COACH) “As you move forward, it’s important to continually recognize how far you’ve come. I was looking back at my notes from our initial conversation back in \_\_\_\_\_(month they started with you) and noticing that quite a bit has changed... Recall back then you were struggling with X (insert 2-3 main challenges). Scan around for what it was like back then and what it’s like now. Notice all the things, even the little things that have changed between then and now.”

“What are some things that you are proud of accomplishing or shifting?”

“What is something you had to learn or overcome in order to have these results now?”

If they start criticizing themselves, simply say that, “We’re bringing awareness to all the little efforts you have made. This is NOT about judging what you didn’t do or could have done better. Why is this important? This acknowledgment practice is to emphasize that change happens by the little choices we make in each moment. The future is a bunch of right now’s piled on top of each other. And you have already made some choices in the direction of your desired outcome. So even if all of your results are not yet fully realized we’ve shifted enough that your baseline or their norm for how they act is shifted a few degrees, so the launching point of change is already better than where you started.”

(COACH) “I’m curious if we might come up with a new baseline for you. What is something that you were striving for when we first started working together that has now become part of your regular habits or routine that you’d like to make stick?”

This might be something like cooking at home 80 percent of the time or exercising three days a week or doing something nourishing for themselves every day.

“Excellent! And if we presuppose this is now your new normal way of operating, what good things might happen over time?”

(CLIENT RESPONDS)

(COACH) “How does it feel to acknowledge your efforts and engagement in making these changes in your life”?

(CLIENT RESPONDS)

(COACH) “Giving and receiving acknowledgement is incredibly nourishing and more importantly motivating! And yet most of us don’t acknowledge ourselves nearly enough. We’re often doing the opposite, telling ourselves we’re not enough or should have done better which is demotivating.

Instead of waiting for the big end result to acknowledge how far we’ve come, we’ve got to acknowledge the little steps along the way. Because it’s the little choices we make along the way that ultimately create those big results. I like to say, “Small hinges swing big doors.” Sometimes we only recognize the big leaps as meaningful, but it’s those small changes that are also highly important.

So today, I’d like to invite to brag about all the little changes you have made so you can acknowledge yourself for doing such a great job these last few months. This might feel weird at first, but I want to search and find at least 5 more things you are proud of accomplishing in the last few months.”

Continue a natural dialogue with your client. Something that wants to be expressed will emerge during this conversation. Your job as the coach is to listen. Practice the art of listening with your full attention. Holding the space of love.

**TRANSFORMATIONAL COACHING TIP:** Open your heart and fall in love with your client, silently shower them with affection, adoration, and radiance, light.

Notice that you are able to lead and influence this vibration in the session. You can make it brighter, dimmer, more vivid or dreamy, more animated or relaxed. This is up to you. Use your intuition in service to your client.

If you're not sure, take a few deep breaths, soften your heart and ask the universe to guide you. Trust that you are doing it exactly right.

If they've accomplished or nearly accomplished their 90-day goals start to curiously inquire what they want to learn next. Sometimes a client will say "Oh, I just came across this book on Ayurveda or raw foods, have you ever heard of that?"

They'll naturally start being curious about something. They may also say, "Oh no, we only have two sessions left! I'm scared of this ending."

If they do, reassure them that it's not the end. They are actually on the verge of something really cool and the exercise that you have planned for your next session is going to help them clarify with the next logical steps are in their transformation journey.

Then share a client story that is similar to what their journey has been and a little hint into where they went next. Here's an example of what this might sound like...

COACH: For example, a client who was a busy executive and mom, she was always eating on the go. She often stopped at Starbucks on the way to work or in between meetings and went for what she thought at the time was the healthiest choice – a low fat bran muffin.

What she didn't realize was that bran muffin was loaded with sugar, which put her on the rollercoaster ride. A big spike in energy followed by a quick crash, which made her want to binge. None of it was working for her. She had brain fog, her belly pooched out which made her feel self-conscious... you know how this goes.

Well, we did the 90-day intensive, this same program that you've been doing and like you, she noticed x, y, and z [name 3 results].

She thought she was done, what she didn't realize was that there was this underworld of healthy eating and healthy living that she hadn't yet tapped into because she was just doing the basics. But a few months ago these basics seemed advanced, but now she had a new baseline.

We just celebrated her 1-year mark of losing the excess weight and keeping it off, doubling her energy so she could be more productive – by the way, she ended up getting a promotion at work because she was more confident, more creative and more prolific than she had ever been... the 90-day was about developing the baseline. In this new paradigm of health, the baseline is really a launch pad. This is where things really start to get interesting and the effects of taking care of yourself spill out into every area of your life.

So in our next session we'll be doing an exercise that I think will be very enlightening and very inspiring for where you're at right now.

Sound good?

#### **4. Experiential Exercise: Acknowledgement Exercise**

COACH: Now I want to talk more about acknowledgement.

Most people don't get acknowledged nearly enough for their efforts. This includes your spouse, your mother, your sister, your best friend, your coworker, your garbage man, the guy at the post office or your neighbor. It doesn't matter who it is or how well you know them. Everyone needs acknowledgement.

What kind of world would it be if everyone appreciated each other openly, not syrupy and ingenuine like, "You're so great," but just a gesture, a few words, some genuine acknowledgement for what they contribute?

So, I want to ask you - who are 5 people in your life who have done something well. It doesn't matter what it is, who are 5 people that you've seen do something well recently?

It doesn't even have to be somebody you know extremely well. This could be a coworker, your neighbor, your son or daughter, your mother, sister, husband, wife. Let's pick human people, humans, not cat or dog. Let's pick humans for now. So list five people in your life who've done something well recently.

CLIENT: (Names 5 people)

COACH: Good. Write those names down. [Client can use handout for this session to list 5 people.] Now I want you to quickly imagine yourself walking up to one of them and appreciating them for whatever they did, no matter how small. You can start off with "Hi (first name), I noticed that you did such and such and I want to appreciate you because..."

When you think about appreciating this person, how do you feel?

CLIENT: (Responds - usually client will be smiling, feel chills or joy or happiness)

COACH: It's a positive feeling, right? Notice how you are both nourished by this interaction. They may even get uncomfortable, squirmy, baffled, confused. This shows that people are chronically underappreciated and under-acknowledged. How healing this is?!

There's a saying that goes, 'You get fuller by feeding others.' This is really true with acknowledgment. The more you give, the more nourished you and everyone around you will feel."

(Let client talk if they have thoughts about this.)

## 5. Action Steps

1. Make sure they continue with any previous actions you've been building on that still need accountability (exercise, cooking, honoring hunger and fullness, eating high energy foods, attitude of gratitude etc.)
2. Appreciate someone every day in an authentic, meaningful way. Notice how this feeds you and makes the other person feel really good.

## 6. Aha's, Appreciations, Insights About This Session

- Have the client practice a specific appreciation for you.
- Remind the client that session #11 is next week and that you have a really exciting exercise for him/her.