

Sacred Depths Coach Training

The Home Study Activation Course

Worksheet #2: **The Energetics of a Powerful Coaching Relationship**

1. Amazing coaching relationships help clients feel seen, heard & loved

- What are some things you do to help clients (or others) feel seen, heard and loved?
- What are some things you do that stand in the way of clients feeling seen, heard and loved?
- How well do the people around you (in the past & present) help YOU feel seen, heard and loved?
- What are some things that others do that help you feel seen, heard and loved?

2. Your intuition is one of your greatest assets as a coach

I invite you to begin becoming more aware of and tracking your intuition when it comes to sensing how others are feeling and what they are believing.

The easiest way to do this is to pick 2-3 conversations you have every day – with clients or others – and after the conversation, write down what you sense about the other person – how they feel, what they think, what they know.

3. Practice curiosity in your everyday life

As you will see, curiosity will be one of your main strengths when it comes to formulating powerful questions that create breakthroughs for your clients.

I invite you to practice curiosity every day and cultivate that muscle for yourself. Become curious about the people you speak to, about things you read, about your environment. Allow yourself to explore. Remember to post revelations, new ideas, or bumps in the road as you do your homework assignments this week!