

# *Sacred Depths Coach Training*

## The Home Study Activation Course

### *Worksheet*

## Reflecting the Truth & Creating Awareness

### **1) Think about people in your life you care about (friends, family members, colleagues, clients)**

- a. Pick 5 people, and for each person - What is a possible awareness you see that may be in their blind spot right now?
- b. For each truth that you see:
  - i. Check your filters to make sure you are seeing objectively
  - ii. On a scale of 1-10, how scary does it feel to share that awareness?
  - iii. If there is fear, what do you fear might happen if you share the awareness?
  - iv. How would this individual benefit if you shared the awareness?
  - v. What would you need to shift inside of yourself to reflect the Truth?
  - vi. Is there a personal anecdote that would be helpful or applicable for you to share with this individual?

**\*\*Important note:** The point of this exercise is NOT to actually Reflect the Truth with these individuals (though you may choose to do that if it feels aligned). The point is to go through the discovery process around it that is outlined above.

### **2) What are 3 Truths about YOURSELF that your own Inner Coach wants you to become aware of?**

1.

2.

3.

## Coaching Archetype Assessment

If you're ready to delve deeper in exploring the energetics of the coaching relationship, please go ahead and complete my Coaching Archetype Assessment:

<http://joannalindenbaum.com/bb-assessment>

By completing the assessment, you'll discover your top two Archetypes and how they affect your practice - both as an asset and as a limitation. Using the results of the assessment as a resource will help you improve your performance dramatically.

## About Joanna



Joanna Lindenbaum teaches master level facilitation and coaching skills to coaches, healers and speakers so they can respond more powerfully to the issues their clients bring to them.

Using her extensive background with Ritual, Archetypes and working with the shadow side of ourselves, Joanna's approach to facilitation and coaching brings wisdom from the past into modern day dynamics. Her clients gain a level of skill the majority of their peers don't have; they become the best of the best at what they do and they experience life-changing personal shifts as they step into this mastery level. This, in turn, positively impacts their businesses as they get proven results that attract more clients and opportunities. She's also successfully shared this training with medical professionals, eating disorder specialists, and therapists.

Joanna has led hundreds of retreats, circles and workshops with thousands of participants and clients in the US and abroad. She apprenticed for over four years in learning the art of Ritual, cycles of life, and how they apply to our goals, dreams, and daily lives.

Recently, Joanna surveyed her clients & community to see what they appreciated most about her, and here's what she learned: She is known as a genuine and authentic leader and so many people trust her because of her real-ness and honesty. She is told time and time again that these qualities help propel her clients to major success. She is also known to be incredibly intuitive – able to see client's blocks, visions, and aligned marketing pathways in an instant.

Learn more at [JoannaLindenbaum.com](http://JoannaLindenbaum.com)