



Resource & Worksheet

The Energetics of the Coaching Relationship – Part 2

- 1) Track your coaching and non-coaching relationships this week for where you might be bringing in unchecked Family Patterns, Dynamics or Projections
- 2) Become aware in your coaching or buddy coaching sessions on how your coachee may be bringing unchecked Family Patterns, Dynamics or Projections onto the relationship
- 3) Set the intention before your coaching sessions to bring in Ideal Mother, Father and Sister
- 4) Take your TOP FAMILY DYNAMIC that you discovered on our training call and journal on the following about it:
 - Where are all the places in your life that this dynamic shows up?
 - How has that impacted you?
 - How has that impacted your ability to create what you want in your life?
 - How has that impacted you as a coach?
 - How would you like to shift this dynamic for yourself?
 - What would you need to believe in order to shift this dynamic?

Who would you need to forgive in order to shift this dynamic? (Who = which people outside of you as well as which parts of yourself?)