



Bringing the Feminine in Coaching

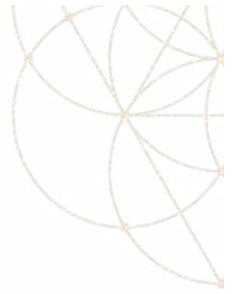
~ Foundation Course for Healers & Helpers ~

Help people access their inner
wisdom, and guide the change that
comes from there.

Course notes session 1



Hi beautiful!



This course is for the helpers & healers that are you longing to offer their (healing, yoga, astrology) clients more. More depth, more support, more soul & magic. And for the people who long to serve others on their journeys.

For the people who want to finally have the skills to help others make the *real* change they are longing for? The one they feel for their clients, but can't quite get to?

Who do NOT want to be the kind of 'coach' who:

- knows it all (or feels like she should...)
- ignores what their clients actually go through (because the coaching models she learned said to do something else, and she hasn't learned how to work with what is 'alive-in-the-moment'...)
- can only look through their own lens and experience (because obviously that is most useful, that's where her expertise lives ...)?

This soulful and highly practical foundation course is for you.



... It makes me so happy to see **women step into their own soul-knowing**. Because when they do, life will never be the same!

I speak from my own experience, going **from a burned-out corporate executive coach** and change facilitator, who never had energy and time for anything but work – all those years ago...

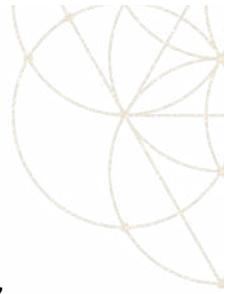
To **feeling deeply fulfilled** now, offering my clients what I live myself: a deep trust in life's unfolding and our own abilities to ride the waves.

I am rooted in my soul-knowing, and I know how to listen to its guidance. My connection with Source, as a **spiritual midwife**, is growing and growing. And that is a huge reward in itself.

And then of course, there is **earning money and supporting my family with work I don't just believe in, but LOVE DOING!!!**

I am so excited to witness & support you on your journey!

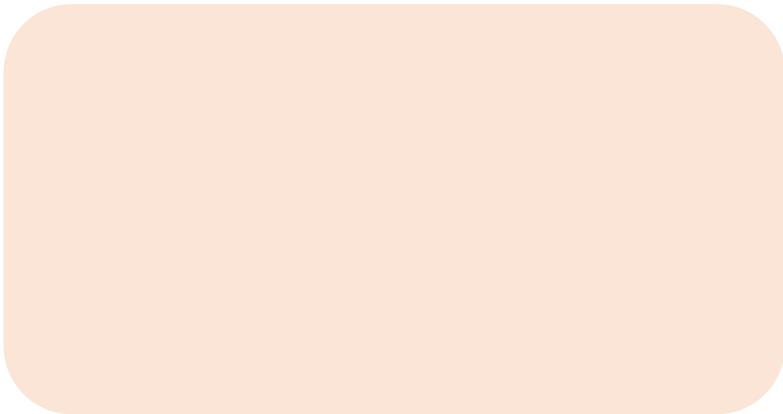
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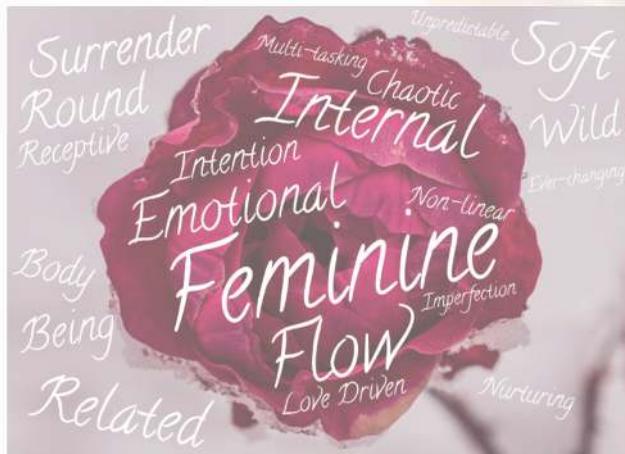
Your Clean Set-up

A great way to help set the stage, and start any project, coach journey or cooperation is to ask these three questions:

1. When this course is exactly as you'd like it to be, it will be like what..?
2. When for this course to be like that, you will be like what..?
3. How can we best support you?



The Feminine & The Masculine



Masculine	
External	Goal
Mental	Purpose Driven
Separate	Protective
Structure	Provider
Control	Ordered
Angular	Contained
Hard	Perfection
Penetrating	Linear
Doing	Focused task
Predictable	Non-changing
Head	



We were brought up in societies where the masculine paradigm dominates. It has been so for thousands of years. And we now live in the time where the Feminine is returning.

But we can't ditch the Masculine for the Feminine. We would be throwing out the baby with the bath water.

That's why, in Soul-based Coaching:

- We hold Space, which is the foundation of receiving, and bring in structure through the Masculine, to build the riverbed for our clients,
- So that the Feminine in them is invited to start bringing its creative power and innate healing capacity to the process. Of course, their inner Masculine, the logical mind, all of it invited in that flow too.



Shapes of Transformation

The GROW model was one of the first coaching models, developed by Whitmore a.o. It's an acronym that stands for:

- Goals
- Reality
- Options/ obstacles
- Way forward



In regular coaching models like this, life has to fit into these boxes, these steps, that are used to control and manage experience. They can be useful, but it Life doesn't work like that.

What we do looks more like this:





We create the foundation, the bowl, through Holding Space. Then we use our questions to guide to flow that unfolds in your client's exploration.

We are following our client's unique thread. Which is the best way their body/mind/soul system has, to access what they want.

What is Holding Space?

- Being fully present, with compassion, witnessing and receiving the other's experience
- *Without* interfering
- So that the flow of Shakti, of life energy is restored and healing and transformation happen.

The six guiding principles

1. We let go of outcome
2. We let go of judgment
3. We open our heart and connect
4. We stay present
5. We have deep trust
6. We step in where we feel it's not serving them



And remember to practice with stepping in! See if you can wait just a little longer. Give them 1 minute more, 2.., 5.., 10....

Because most often, we step in because we no longer feel comfortable, don't trust and don't see people as divinely capable.

More about Holding Space in the ebook/audiobook that you can find in your portal.

Holding Space practice

- Decide who starts
- The person starting shares about a topic that is alive for them in this moment. No need to explain, just use this time to explore this topic for yourself. When there are no words, be silent. Maybe more words will come after a while. Your time only stops when the 3 minutes are up.
- The person holding space listens with their whole being. And checks the time. It's helpful to give a 1-minute warning.
- When time is up, thank each other and take a moment in silence before you switch roles.

Warning: Don't be tempted to engage in conversation about the things you have just heard. You don't need to help/fix each other. That is not your contract for this



time together. If you find that hard, it's extra good practice. What you could do is share what is resonating in you after both of you shared. I.e. keep what you talk about, about your own experience.

Exploration: How can you bring more Holding Space into your life now?

Homework practices:

- What actions would you like to take?
- Hold Space for yourself daily (meditation in the portal)
- Hold Space for someone in this group this week (2+1 min each)
- Deepening: ebook/audiobook (42 min) on Holding Space going into more detail