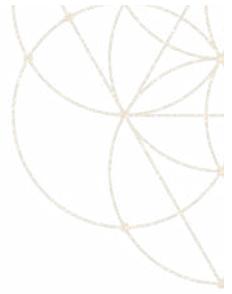


Bringing the Feminine in Coaching

Course notes session 3

*Opening the doorway
into soul-based change*



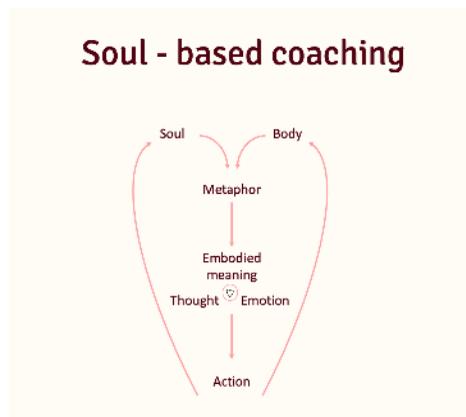


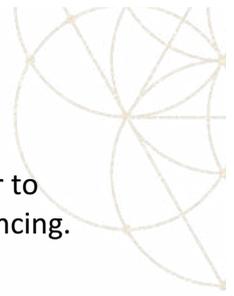
Metaphors

Our language is full of metaphor. Everything that describes something in terms of something else, we call a metaphor. That includes equations, parables, analogies, famous ‘one-liners’ from books or movies (hasta la vista, baby).

And when you read the beginning of this paragraph, you see that ‘our language is full off metaphor’ shows us that ‘language’ is a type of container and ‘metaphor’ is something that use to fill that container. That is a metaphor too – it compares language with a container, because some aspects of the two are similar.

In Soul-based Coaching, we want to work with metaphor as much as possible. This is where the magic is, because it gives your client access to information that isn’t otherwise accessible to him/her.





The body and the soul both make use of metaphor to translate and make sense of what you are experiencing. And all the wisdom you carry, that isn't in your conscious mind yet, can come through in metaphor.

'I feel like a fish in water'

'It's like I am banging my head against a wall'

The metaphors create an embodied meaning, you feel with every part of your being what 'a fish in water' or 'banging your head against the wall' **means** to you in the moment that metaphor is true for you.

From that, we create thoughts and have emotions that are in line with that metaphor.

From which we take actions.

This is why, when your metaphors change, everything changes.

And this is why metaphor is such a powerful portal into soul-knowing.

Some people use metaphor automatically when they talk about their experience or about what they would like to have happen. But not everyone does.

In that case, it can help to invite your client to "translate" their experience into metaphor. The metaphor questions do just that.



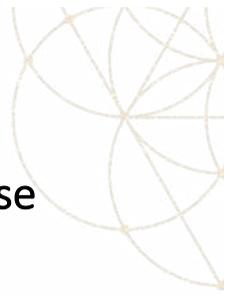
5. The Metaphor question

And that's like what...? (slow down)

Only ask this question if your client hasn't given you a metaphor yet. A metaphor of a metaphor becomes overly complicated.

Ask this question slowly. This helps your client to collect their metaphors internally and to start becoming aware of them. A different part of the brain needs to be engaged to 'switch' to metaphor.

Only ask the question after you have gathered a good amount of attributes and locations.



The 'Coaching at your best' Exercise

As a coach, start with:

When you are [coaching] at your best, it's like what?

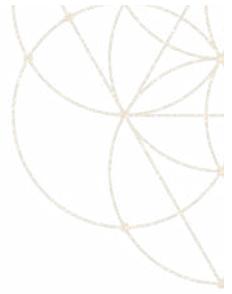
Continue to ask questions:

- 🌀 **And what kind of [...] is that [...]?**
- 🌀 **And is there anything else about [...]?**
- 🌀 **And where is [...]?**
- 🌀 **And is there a relationship between [...] and [...]?**
- 🌀 **And that's like what..?** (if your client isn't in metaphor yet)
- 🌀 **And what would you like to have happen?** (for when they moved their attention to something unresourceful)

Do this for up to 10 minutes per client.

And a reminder:

- You can use all questions more than once. (Starting with 'name & address' is helpful for new parts of the client's experience.)
- You can make some notes of key words to help you.
- Only ask about the literal words, and only use the questions as they are.



Exploration: Metaphor Magic

What actions would you like to take?

- Holding Space
- Metaphors:
 - Draw your own metaphor
 - Repeat this exercise and continue the exploration - as a client, share what you know now from your drawing. When you think you know everything about this there is to know (i.e. 'inspired'), check if your client has a metaphor. Then challenge yourself to find out more until you are really surprised or the ten minutes are up.
 - Reflect: what difference does this make for you?
 - When you are .. at your best, that's like what? with a client. Help them embody this (which means they need to really become aware of the locations: Ask lots of 'where?'). Then weave it into what you normally do. Focus on resourceful parts.
- On portal:
 - Demo: When you are coaching at your best
 - New practice Card with Questions
 - Session notes

And enjoy!



The Clean Language Questions (1)

And what would you like to have happen?

And what kind of [...] is that [...]?

And is there anything else about [...]?

And where is [...]?

And whereabouts is [...]?*

And is there a relationship between [...] and [...]?

And when [...], what happens to [...]?*

And that's... like what? (slow down)

* These questions are not taught as part of this course