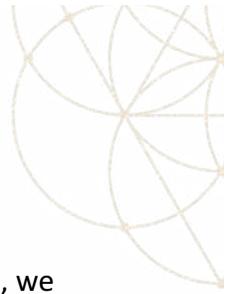


Bringing the Feminine in Coaching

Course notes session 4

Helping your client
find their gold





Drama

When things don't go our way, and we don't like it, we all learned as children that there are three ways we could respond (source: Transactional Analysis):



- The persecutor blames and attacks.
- The victim finds themselves powerless and without responsibility.
- The rescuer is determined to take charge and get the victim out of their bad situation.

None of these roles are effective – even though the rescuer seems to be ‘doing the right thing’. When someone comes from a rescuer perspective, they will not allow the other person to take responsibility for themselves. A rescuer always needs a victim.

All roles in the drama triangle evoke other drama role responses. It takes awareness and effort to side-step an invitation into drama.



These roles play up in coaching conversations and relationships too, and it is vital to increase your awareness of them.

A great place to start is to see what your habitual drama roles are (we usually have a preference), how you notice you are in it, and what you can do to step out again.

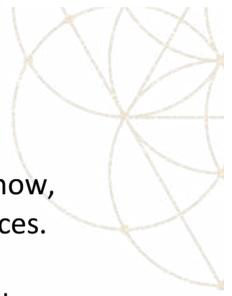
This is a great help in understanding the shift that you are making, when you are inviting the Feminine into Coaching.

You are no longer 'doing' the change. You are no longer responsible for what exactly will happen. You are Holding Space instead, and inviting the client to enter an exploration into their own inner world. An exploration that can't help but start to shift their experience and grow into powerful change.

To be able to do that, you need to stay outside of the drama triangle, and start to explore what can happen instead in this new perspective.

Sequences

Every Clean Question has their own purpose. You have now used questions to help your client and you find a Desired Outcome, Attributes, Locations, Relationships



and Metaphor. We are adding one more purpose now, which has to do with helping you establish sequences.

Clients live their lives as if everything happens all at once. But when we help them slow down and look closer, every experience is actually made up out of a series of smaller things.

So when we ask questions to help clarify a sequence, it's as if we are looking at the movie reel one still image at a time.

This is a great way to help people find more clarity, to find choice points they were not aware of, and to help people access a desired (outcome) state.

6. The Sequence questions

And what happens just before [...]?

And then what happens/ And what happens next?

To help establish a sequence (of feeling confident, soaring like an eagle), you ask several sequence questions after you have established a clean and embodied metaphor landscape.



In this case, your client feels like the eagle flying right now. (You have asked enough attribute and location questions to help them do that.)

And then you can ask: And what happens just before you start flying like an eagle?

And continue to ask sequence questions until you have at least 3 or 4 steps (or ideally, enough to help your client see how they can easily get into that confident state).



The 'Being of service at your best' Exercise

As a coach, start with:

**When you are [being of service] 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)
- ☼ **And what happens just before [...]?** (their desired outcome metaphor)
- ☼ **And then what happens? / And what happens next?**

Do this for up to 10 minutes per client.



Exploration: Help Clients find Their Gold

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.
 - 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:
 - Video on 'Clean Posture'
 - New practice Card with Questions
 - Your Session notes

And enjoy!



The Clean Language Questions (3)

Desired Outcome:

And what would you like to have happen?

Attributes:

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

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

Location:

And where is [...]?

And whereabouts is [...]?*

Relationship:

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

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

Metaphor:

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

Sequence:

And what happens just before [...]?

And then what happens? / And what happens next?

* These questions are not taught as part of this course