



SGC COACHING

VIDEO 31

COACH THE BODY

Our bodies are keepers of deep wisdom. How we move, tense, relaxes, shivers, shrink, and take up space tells a story. We can use the body's wisdom as a coaching colleague, invite it into the session as a helper and guide to access more of the clients subconscious world.

SOMATIC COACHING EXERCISES

- Move as your higher self
- Move as how your are feeling vs how you want to feel
- Answer questions from Body (Body Scan Drop In)

Examples Powerful Body Questions:

1. What is happening in your body right now?
2. What is your body telling you about this situation?
3. If your body had a voice, what would it tell you?
4. How are you feeling in your body when you are doing X?
5. How are you feeling in your body when you are with X?
6. If you body could choose, what would it do?
7. Show me how it feels like in your body when you feel empowered/happy/light.
8. Show me what it feels like in your body when you feel small/lost/confused.

NOTES:



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MORE COACHING TOOLS

Reflection

- Mirroring the client
- Noticing patterns
- Making the client self aware

Silence

- Trusting the client
- Let them fill the silence
- Uncomfortable truths

Positive Future

- If you see it you can create it!
- Fun and play
- Manifesting the future

NOTES:



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THERAPY VS COACHING

THERAPY

- The therapist is the expert.
- Hierarchy where the therapist has the answers.
- Focus on the past
- Long term
- Severe Mental Health Issues

COACHING

- Co-creating with client
- Coach is expert on coaching, client is expert on life
- Focus on the future
- Short term works well too
- Light Mental Health Issues

TEACHING

- The teacher/mentor is the expert.
- Hierarchy where the teacher has the answers.
- Focus on skills/subject
- Information transfer

Know your limits as a coach

You do not have the competence to deal with severe mental illness.

Dare to put up boundaries and guide people to other type of help.

What to do

- Set boundaries "I do not feel I have the competence to deal with some of your issues and I believe another helper would be a better fit."
- I am sorry but I am not the right person to reach out to during episodes - you need to get help that can cater to your needs

Recognize the signs of severe mental illness

- The clients feels "un-coachable", nothing works, nothing changes
- You get confused and heavy during and after sessions
- Client shares suicidal thoughts, obsessive patterns, feelings of meaningless
- Strong highs and lows

Tips

- Research information on where to find help
- Collect other helpers, apps etc that you can recommend.
- Reach out to your own mentor to get support if the situation was hard to deal with.



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NEW CLIENT

- ♡ **Previous experience** Have you ever tried coaching or something similar type fo talk therapy? What type of personal and spiritual development have you done?
- ♡ **Describe Coaching** "I am like a PT but instead of your body getting a work out we focus on your mind and soul. I will help guide you what to lift and how to do it - but you have to do the lifting yourself. This is a collaboration. I'm the expert on the coaching process, but you are the expert of your own life"
- ♡ **Define jobs and safe space.** "This is a safe space, here you don't have to think or second guess yourself while talking. My job will be easier if you just talk freely."

Be clear on boundaries and details -
contact, payment, booking, rescheduling

Contracts. Email acceptance is a good start.

NOTES: