

Worksheet #2: **The Energetics of a Powerful Coaching Relationship**

1. Amazing coaching relationships help clients feel seen, heard & loved

- What are some things you do to help clients (or others) feel seen, heard and loved?
- What are some things you do that stand in the way of clients feeling seen, heard and loved?
- How well do the people around you (in the past & present) help YOU feel seen, heard and loved?
- What are some things that others do that help you feel seen, heard and loved?

2. Your intuition is one of your greatest assets as a coach

I invite you to begin becoming more aware of and tracking your intuition when it comes to sensing how others are feeling and what they are believing.

The easiest way to do this is to pick 2-3 conversations you have every day – with clients or others – and after the conversation, write down what you sense about the other person – how they feel, what they think, what they know.

3. Practice curiosity in your everyday life

As you will see, curiosity will be one of your main strengths when it comes to formulating powerful questions that create breakthroughs for your clients.

I invite you to practice curiosity every day and cultivate that muscle for yourself. Become curious about the people you speak to, about things you read, about your environment. Allow yourself to explore. Remember to post revelations, new ideas, or bumps in the road as you do your homework assignments this week!

Coaching Practicum Recording

If you'd like to hear a real sample of masterful listening and questioning at work, download this recording:

<http://joannalindenbaum.com/bb-practicum>

On the recording, I laser coach a volunteer for 18 minutes and then spend 10 minutes breaking down all of the important listening and coaching skills that were used throughout the call. The more you can observe masterful coaching first-hand, the better you can be.

About Joanna



Joanna Lindenbaum teaches master level facilitation and coaching skills to coaches, healers and speakers so they can respond more powerfully to the issues their clients bring to them.

Using her extensive background with Ritual, Archetypes and working with the shadow side of ourselves, Joanna's approach to facilitation and coaching brings wisdom from the past into modern day dynamics. Her clients gain a level of skill the majority of their peers don't have; they become the best of the best at what they do and they experience life-changing personal shifts as they step into this mastery level. This, in turn, positively impacts their businesses as they get proven results that attract more clients and opportunities. She's also successfully shared this training with medical professionals, eating disorder specialists, and therapists.

Joanna has led hundreds of retreats, circles and workshops with thousands of participants and clients in the US and abroad. She apprenticed for over four years in learning the art of Ritual, cycles of life, and how they apply to our goals, dreams, and daily lives.

Recently, Joanna surveyed her clients & community to see what they appreciated most about her, and here's what she learned: She is known as a genuine and authentic leader and so many people trust her because of her real-ness and honesty. She is told time and time again that these qualities help propel her clients to major success. She is also known to be incredibly intuitive – able to see client's blocks, visions, and aligned marketing pathways in an instant.

Learn more at JoannaLindenbaum.com.