Building Resilience for Coaches and Clients

COACHING 4 Today's Coaches

1

COACHING 4 Today's Coaches

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2

Today's Learning Objectives

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- Assess your Resiliency by exploring 4 resiliency components
- Identify your strengths and growth areas
- Learn about our 8-week Resiliency Program for Coaches and Clients – Earn 28 CCE Hours
- Revisit the new ICF Core Coaching competencies

3

3

4

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Who's here in the class - POLL

4

Pulse Check

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Psychological

- Strongly disagree/Disagree 2%
- Neither agree nor disagree 8%
- Agree/Strongly agree 90%

Spiritual

- Strongly disagree/Disagree 7%
- Neither agree nor disagree 12%
- Agree/Strongly agree 81%

5

Pulse Check

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Physical

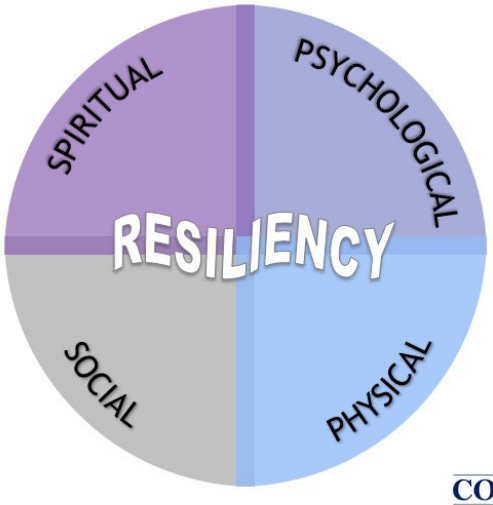
- Strongly disagree/Disagree 12%
- Neither agree nor disagree 14%
- Agree/Strongly agree 74%

Social

- Strongly disagree/disagree 2%
- Neither agree nor disagree 16%
- Agree/Strongly agree 82%

6

Resiliency Components



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7

7

Resiliency Components

Psychological

- The ability to see situations with an optimistic and realistic perspective
- Can handle difficult situations and setbacks with emotional intelligence
- Mentally tough in the face of adversity

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8

8

Resiliency Components

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Spiritual

- Has a set of beliefs and practices whether religious, spiritual, or restorative that are bigger than self
- Has ways of giving back - to others and to the community

9

9

Resiliency Components

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Physical

- Practices active self care for food, rest, and physical activity
- Takes proper care of health and routine visits like dentist, doctors, health screenings

10

10

Resiliency Components

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Social

- Has active and supportive friendships and community networks
- Has positive family relationships

11

11

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In Breakout Rooms - 8 Minutes

Discuss:

- Which component is your strength?
- Which component needs more of your attention now?

Select a spokesperson who can share a 1-minute summary with the large group when breakouts end

14

14

1Minute Report out

- Use the RAISE HAND tool if you were nominated to report out
- Share ONE thing that you took away from the conversation?

15

15

Tell us what's going on for your clients…

1. Fearing the unknown/future
2. Coping with unclear guidance
3. Being transparent and supportive
4. Navigating chaos, ambiguity, and loss
5. Managing virtual/remote work challenges

16

16

17

Building Resiliency for Coaches and Clients

What's our offer and what's in it for you?

Earn 28 CCE Hours in 8 Weeks

Build your own Resilience

Each 3-hour module will include:

- pre-work (30 min.)
- resilience model with tools
- coaching practice with observation and feedback

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18

18

Learning Objectives

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During the 8-week Program you will:

- Learn how to embody a coaching mindset through ongoing learning, reflective practice, and using awareness of self and one's intuition to benefit clients *(Embodies a Coaching Mindset*)
- Explore a model for resilience that can be helpful when coaching clients (*Evokes Awareness)*
- Review the skills of resilience and how to apply them to coaching scenarios (*Facilitates Client Growth*)
- Apply the resiliency tools in coaching scenarios (*Cultivates Trust and Safety*)

19

19

20

Eight Essential Skills of Resilience
Each Week We Do a Deep Dive

Reset	Rethink	Recharge	Retool
Reengage	Reinvent	Reimagine	Relearn

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20

Practice ICF Core Competencies

Updated 2021 ICF Core Competency Model

A. FOUNDATION
- Demonstrates Ethical Practice
- Embodies a Coaching Mindset

B. CO-CREATING THE RELATIONSHIP
- Establishes and Maintains Agreements
- Cultivates Trust and Safety
- Maintains Presence

C. COMMUNICATING EFFECTIVELY
- Listens Actively
- Evokes Awareness

D. CULTIVATING LEARNING AND GROWTH
- Facilitates Client Growth

21

21

Next Steps

1. Receive 1-hour CCE credit for today's attendance.

   Follow up email with explain details and have links to today's recording and sign up

2. Sign Up for 8 Week Program

   Building Resiliency for Clients and Coaches

3. Program Starts on 4/29 at 6 PM EST

   Register NOW! MAX 10 people

First 2 people to sign up get Val Hastings new book: ***The Guiding Principles of Group Coaching: Coaching from the Inside Out,*** **to be published in Nov 2020**

Everyone who signs up will receive one free 30-minute coaching session with John, Claire, or Regina during the 8-week program

22

22

What questions can we answer?

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23

23