

Worksheet #1: **The Energetics of a Powerful Coaching Relationship**

As we discussed on our call - Creating a powerful, effective, and successful coaching experience for your clients starts with a powerful, healthy and aligned coaching relationship.

The 7 Foundations of a Powerful Coaching Relationship:

- Mutual Trust
- Partnership
- Clear & Honest Communication
- Healthy Boundaries
- Mutual Respect
- Room for Creativity
- Belief in Vision and Highest for client

Here are some exercises and assignments to help you take the work we did today on the Energetics of your coaching relationships (& all relationships!) deeper:

1) Fully Knowing & Believing that Your Clients are Whole & Complete Exactly as They Are

- Pick a particular client or person in your life that you know you need to step into this belief with even more.
- Start with the prompt “[Insert Person’s Name] is whole and complete exactly as they are.”
- Write for 5 minutes defending that prompt statement – no stopping, no editing, just keep on writing about it.
- You can do this journaling exercise just once, or multiple times throughout the week (or month) to keep it top of mind and energy.

2) Fully Knowing & Believing that YOU are Whole & Complete Exactly as You Are

Journaling Question #1:

What did your parents, family, teachers and culture teach you (or not teach you) about being whole & complete exactly as you are?

Journaling Question #2:

- Start with the prompt “I am whole and complete exactly as I am.”
- Write for 5 minutes defending that prompt statement – no stopping, no editing, just keep on writing about it.
- I recommend doing this journaling exercise a couple of times over the next week or two.

3) You Don’t Need to Be Anything But Yourself for Your Clients & Coaching Sessions

Even when we intellectually “know” this Truth, because of our programming and patterning, we can forget it pretty easily when we are with clients, or on sales calls, or marketing.

To go deeper into this principle, journal on the following questions:

- When you show up for clients (or imagine doing so), who are you “trying” to be (instead of simply being who you are)?
- Why? Where did you learn you “need” to be those things?
- Instead of trying to be someone or something you’re not, which of your innate qualities & learned wisdom do you want to bring fully present when you’re with clients? Why?

4) To Keep the Playing Field Equal, Don’t Take Over-Responsibility for Your Clients

- Where are the places you’ve been taking over-responsibility for your clients (or for people in your professional or personal life)?
- Why are you taking over-responsibility in those areas? (i.e. – what beliefs are yourself or others are you holding that activate you to take over-responsibility?)
- What would aligned responsibility look like in these areas?

Coaching Archetype Assessment

If you're ready to delve deeper in exploring the energetics of the coaching relationship, please go ahead and complete my Coaching Archetype Assessment:
<http://joannalindenbaum.com/bb-assessment>

By completing the assessment, you'll discover your top two Archetypes and how they affect your practice - both as an asset and as a limitation. Using the results of the assessment as a resource will help you improve your performance dramatically.

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.