Creating Connection -

Touch points…Being Seen, Being Heard, Being Felt & Pain Points

Creating an open connection means that you have to remain between two points.

1. Warm/Inviting - having a friendly manner and are easily relatable
2. Authority - leading with confidence and knowing

These both relate to your internal masculine and feminine energies.

Your feminine energy will bring nurturing and intuitive qualities and your masculine will bring direction and the cutting away of the debris (limited thinking/patterns).

Now you will have your own style/flavour of coaching but in general these two elements must exist in order for you to create a safe environment for your client to grow.

Imagine that you are both the pot and the soil where your client will be able to plant the seed of their subconscious and then grow as they are watered in each session with you (feminine).

At other times there will be a cutting away of some of the leaves that have grown because their growth will be 10 x faster by doing so (masculine).

The first part of your client session will be focused on listening. You will listen with your ears but also with your eyes and with your body.

You will hear their story and as they speak notice anything else that may be going on for them physically/tone of voice/regular phrases and anything you can pick up on in the space as we spoke about last week.

Remember that your client's pain is looking to be firstly validated…to be seen, heard and felt. I'd recommend that once you have validated their current situation or the wounds of the past that you quite quickly remind them of why they are here and that the point of change absolutely resides within them.

Let's start with an example:

Mary comes to me as she is feeling stuck in life. She has just left her boyfriend of ten years and currently has no children and is stuck in a job that she hates. She knows that she is not on the right path but also worries that because of this break up, she now may not have the family she desires and is caught between the two of these stories leaving her in a lot of angst.

She also misses her ex partner but has lost trust in his ability to lead the relationship. They have been floating and drifting with no direction for the last 5 years and she got to the point where it was causing her to be depressed and become angry at him whenever he got too close physically.

She ended the relationship in one last huge fight without giving him the chance to say anything else. She has left most of her belongings behind but doesn't want to deal with anything and is now staying with her sister temporarily.

Her sister is currently dating someone who she doesn't live with. She says that men are unreliable and she has no intention of living with him anytime soon so Mary can stay as long as she likes.

Her quandary is that she has no motivation to get out of the job now that she is going through this break up but because of the break up she now isn't fulfilling the roles her job requires.

She says she feels like giving up and believes she is going to be fired anyway.

At this point she sees no solution and is tired of the repeating pattern of dissatisfaction in her life.

Question 1 - What can you pick up from Mary's story so far?

Question 2 - Where can you validate Mary? (See, Hear, Feel & Pain Points)

Question 3 - What can you see within Mary's story that may be blinding her from an important piece of information?

Question 4 - How can you gently guide Mary to look at something she may be missing?

Question 5 - What other questions can you ask Mary in order to see if her Family Karma is a part of this problem?

Question 6 - What can you feel in the space surrounding Mary?

Question 7 - In what ways can you relate to Mary's situation?

Question 8 - What do you now understand about Mary's Ego and her relationship to her Inner Child?

Question 9 - Where can you use your friendly/nurturing feminine energy to create rapport with Mary?

Question 10 - Where must you use your directive action taking masculine energy to create a vision for Mary?