

CLIENT

LIFE COACH WORKSHOPS, INC.

REQUIREMENTS

Create a visual script for a 5 minute course module based on the provided course material.

CONTENT PROVIDED

Creating Awareness

Ability to integrate and accurately evaluate multiple sources of information and to make interpretations that help the client to gain awareness and there by achieve agreed-upon results.

- Goes beyond what is said in assessing client's concerns, not getting hooked by the client's description.
- Invokes inquiry for greater understanding, awareness, and clarity.
- Identifies for the client his/her underlying concerns; typical and fixed ways of perceiving himself/herself and the world; differences between the facts and the interpretation; and disparities between thoughts, feelings, and action.
- Helps clients to discover for themselves the new thoughts, beliefs, perceptions, emotions, moods, etc. that strengthen their ability to take action and achieve what is important to them.
- Communicates broader perspectives to clients and inspires commitment to shift their viewpoints and find new possibilities for action.
- Helps clients to see the different, interrelated factors that affect them and their behaviors (e.g., thoughts, emotions, body, and background).
- Expresses insights to clients in ways that are useful and meaningful for the client.

SCRIPT: CREATING AWARENESS

CREATING AWARENESS

As a child, do you remember looking up into the sky and seeing clouds made up of various shapes or animals? Telling a friend or a family member to look up and see that amazing cloud elephant; only to have them see a cloud shark instead. You go back and forth pointing to the cloud and describing the feet and the trunk, explaining that it's indeed an elephant, but they insist it's a shark! Eventually one (or both of you) experience awareness! That amazing "aha" moment, when you can see the shark and they can see the elephant!

Awareness changes perspectives.

In life coaching you want your clients to have that amazing "aha" moment, even better – "aha" moments! These take a significant amount of introspection, objectiveness, emotional intelligence and self-awareness.

The process of creating and cultivating awareness is a key part of the coaching session. When you possess the ability to feel, perceive, know, or understand a conscious thought, life event or personal experience – you have awareness.

Creating Awareness in coaching is the ability to precisely integrate and assess various sources of information; make interpretations and gently challenge perceptions in order to help your client gain a greater awareness and subsequently, achieving their overall goals.

So, how do you facilitate and create awareness in your coaching sessions?

This process of creating awareness happens fluidly throughout your sessions. You may implement it in the following ways:

ASSESSING CONCERNS

Assess your clients concerns by going beyond what is said. Dig deeper. Invoke your authority to inquire more by digging for a greater understanding and clarity. By going beyond your client's description of events you can assist them in recognizing where their current emotions, thoughts and actions are leading them. Creating an awareness and opportunity to change directions; making the necessary adjustments in order to go down a new path, towards their goals.

SCRIPT: CREATING AWARENESS

DISCOVER CONCERNS

You should identify unspoken and underlying client concerns. Your client may have typical and inflexible ways of perceiving themselves, others and the world. This creates a major difference between what's accurate vs. their perceived interpretations. Therefore, there may be a strong disparity between your client's thoughts, feelings, and actions. By identifying those concerns, you can effectively assist them in challenging their own perceptions and behaviors.

TAKE-ACTION

In order to support your client in achieving their goals, they need to experience enough awareness to take-action and implement change in order to experience positive results for the long-term. They need to discover for themselves NEW thoughts, beliefs, perceptions and emotions that strengthen their ability to do so.

SHIFTING PERCEPTIONS

You want to inspire a shift in your client, where they gain a broader perspective and are receptive to new perceptions. By exemplifying awareness and accepting their faults, imperfections and weaknesses, they can concentrate and move towards self-improvement. This shift will birth a new commitment to seek a deeper understanding of their strengths, weaknesses, values, habits, and inner language.

NEW POINT OF VIEW

Suggesting your client see life from a new point of view will help them see separate, interrelated factors that affect them and their behaviors. By reviewing their thoughts, emotions, interpretations and background from a new point of view, their mental state, thoughts, emotions and self-interpretations will begin to adapt and change.

IDENTIFICATION

Identify and express your insights to clients in ways that are useful and meaningful to them. Such as their strengths vs. areas for growth and learning. Or, by identifying the most important topics or subjects to review based on their previous sharing. By doing so, you give your clients insight and opportunities to see themselves objectively. Discovering ways to improve for the better and for their desired future. This will have an overall positive impact on how your client views current and new challenges they face.

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THE RELEVANT VS. IRRELEVANT

Distinguish between trivial and significant issues; situational vs. recurring behaviors – decide what’s relevant and what isn’t. This will be beneficial during your session when detecting a separation between what is being stated and what is being done. This will help your client to isolate their emotions and identify the most relevant areas that have an overall deeper impact on their daily lives.

Throughout your coaching sessions, be present and mindful of your client as they become aware. Take note of their “aha” moments; as mentioned, it’s a fluid process and can happen at any time.

Creating awareness is an essential competency in coaching. It is one of the key elements in helping your client implement and focus their energy to create a life they love and work towards a future they desire.