

NATURE COACHING

An aerial photograph of a winding, paved road that snakes through a rugged, mountainous landscape. The terrain is characterized by dark, rocky outcrops and patches of sparse, dry vegetation. The road is a light brown color, contrasting with the darker surroundings. Several small, dark-colored cars are visible traveling along the road, emphasizing its scale and the journey. The lighting is bright, casting sharp shadows that highlight the textures of the rocks and the curves of the road.

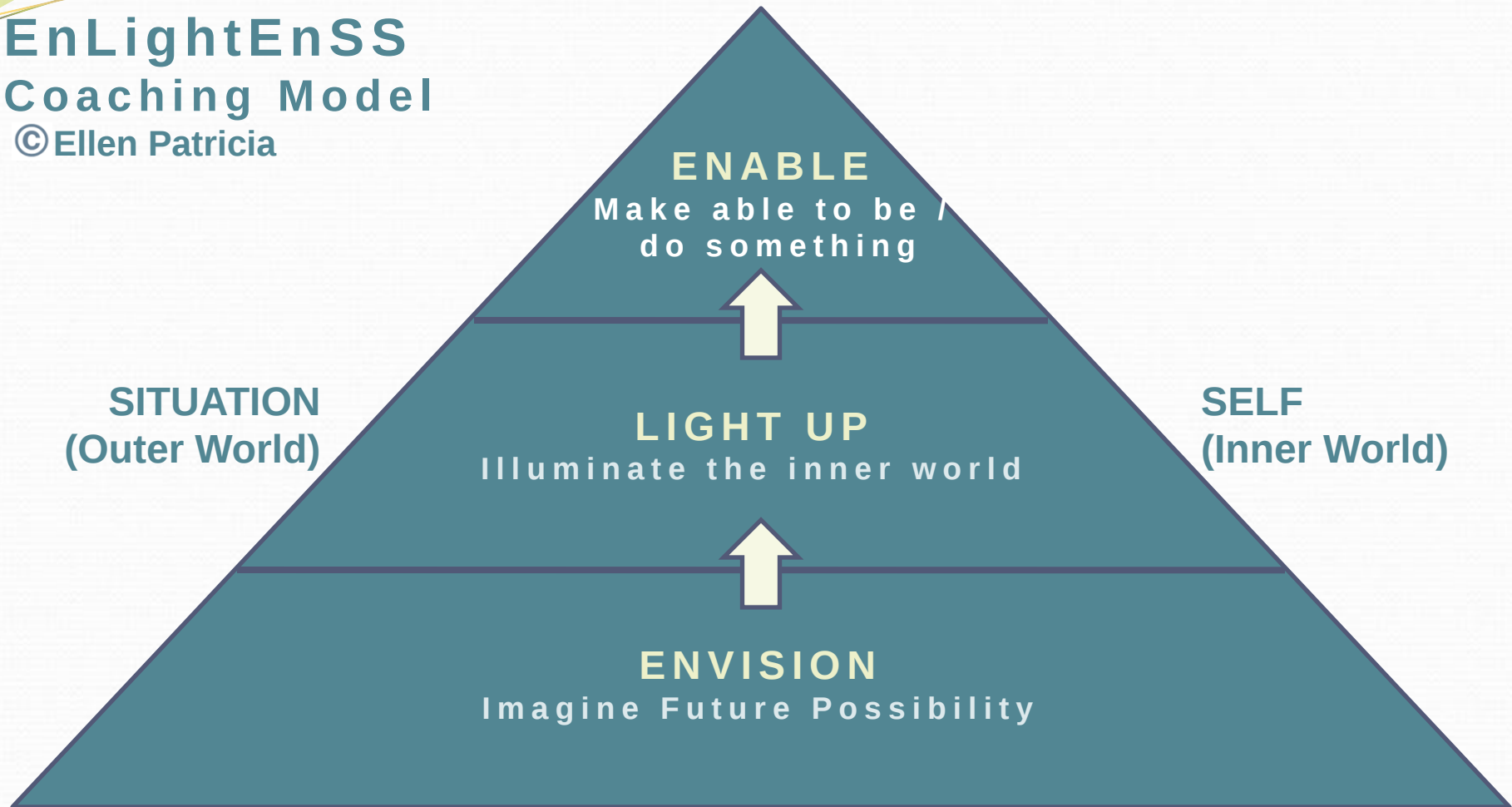
GROWTH

Imperfect Actions

- Feeling stuck : being afraid of feeling uncomfortable because we have to learn something new, or do something that we've not done before to move forward. we're stuck and we don't know where to start.
- To move forward we must be willing to be take imperfect actions, which may feel uncomfortable but provides an opportunity for momentum to build up by simply moving from awareness into action → get uncomfortable being uncomfortable
- See the fear, push past it, and create something that is not possible until it is done

EnLightEnSS Coaching Model

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Competency 8: Facilitates Client Growth

8.1: Coach invites or allows the client to explore progress toward what the client wanted to accomplish in this session.

8.2: Coach invites the client to state or explore the client's learning in this session about them self (the who).

8.3: Coach invites the client to state or explore the client's learning in this session about their situation (the what).

8.4: Coach invites the client to consider how they will use new learning from this coaching session.

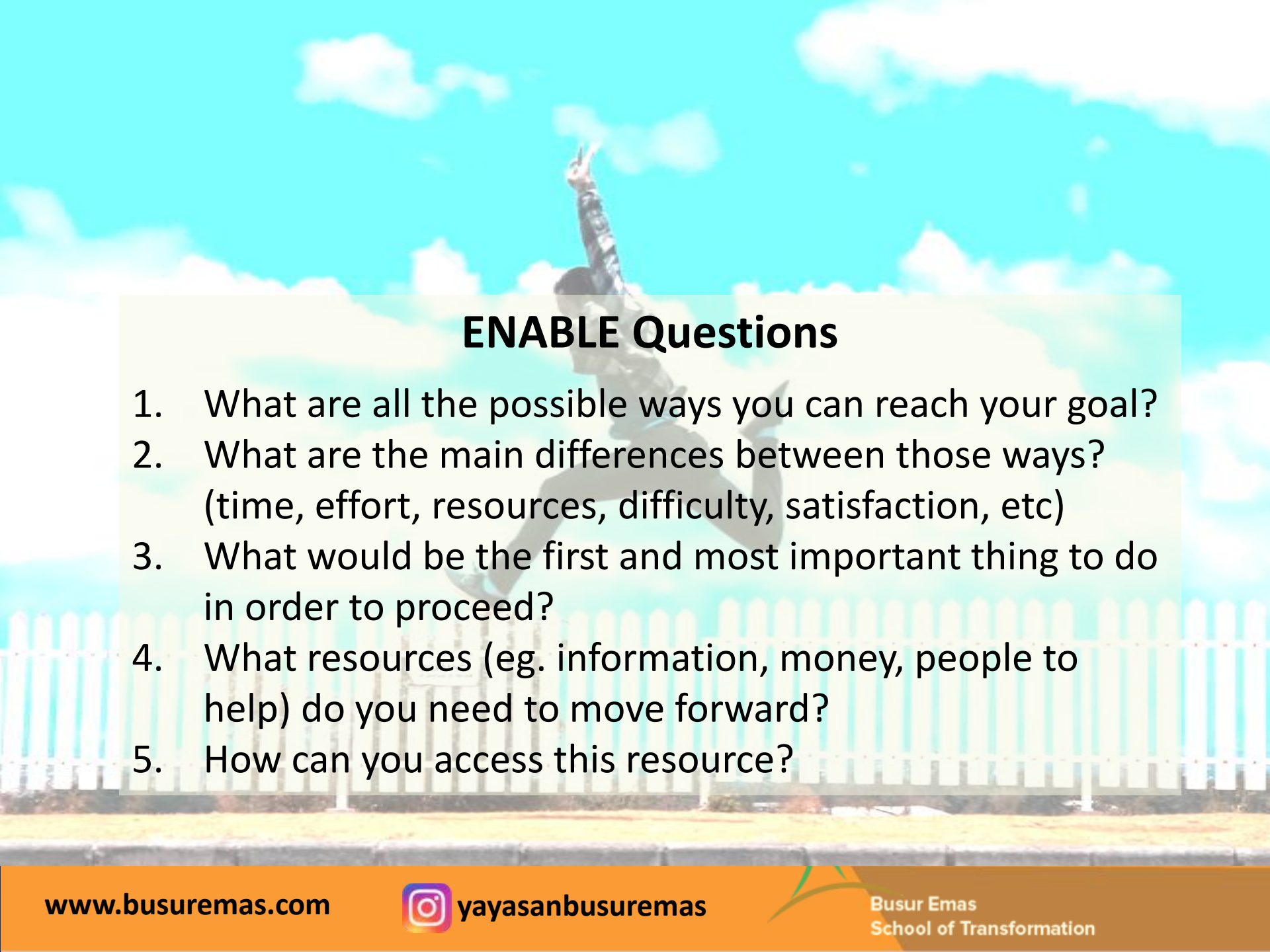
8.5: Coach partners with the client to design post-session thinking, reflection or action.

8.6: Coach partners with the client to consider how to move forward, including resources, support or potential barriers.

8.7: Coach partners with the client to design the best methods of accountability for them self.

8.8: Coach celebrates the client's progress and learning.

8.9: Coach partners with the client on how they want to complete this session.



ENABLE Questions

1. What are all the possible ways you can reach your goal?
2. What are the main differences between those ways?
(time, effort, resources, difficulty, satisfaction, etc)
3. What would be the first and most important thing to do in order to proceed?
4. What resources (eg. information, money, people to help) do you need to move forward?
5. How can you access this resource?



Thank
you

