

NATURE COACHING



Cultivating Trust and Safety: foster a safe, supportive environment that generously allows the client to share freely

Trust is an emotional brain state, not just an expectation of behaviour.

Emotions like trust are neural patterns (formed brain paths) that combine:

- Representations of the situation that the emotion is about (a childhood reference)
- Appraisals of the relevance of the situation to goals
 - Perceptions of physiological changes

Trust is also not absolute, it needs constant messaging, respect, reassurance and consistency.

<https://www.psychologytoday.com/us/blog/hot-thought/201810/what-is-trust>



By shutting out fears and opinions, being totally present, and understanding that all a coach needs to be is **an expert in the coaching process, a coach creates trust within themselves and so within the client.**

(<https://coachcampus.com/coach-portfolios/research-papers/stefan-scheepers-the-importance-of-trust-in-coaching/>)

Some How to's Cultivate Trust & Safety

- Uses client's language while staying true to self
 - Illuminate choice points
 - Healthy detachment
- Holds client in unconditional positive regard
 - Asks permission to offer feedback



Competency 4: Cultivates Trust and Safety

4.1: Coach acknowledges and respects the client's unique talents, insights and work in the coaching process.

4.2: Coach shows support, empathy or concern for the client.

4.3: Coach acknowledges and supports the client's expression of feelings, perceptions, concerns, beliefs or suggestions.

4.4: Coach partners with the client by inviting the client to respond in any way to the coach's contributions and accepts the client's response.



Thank
you

