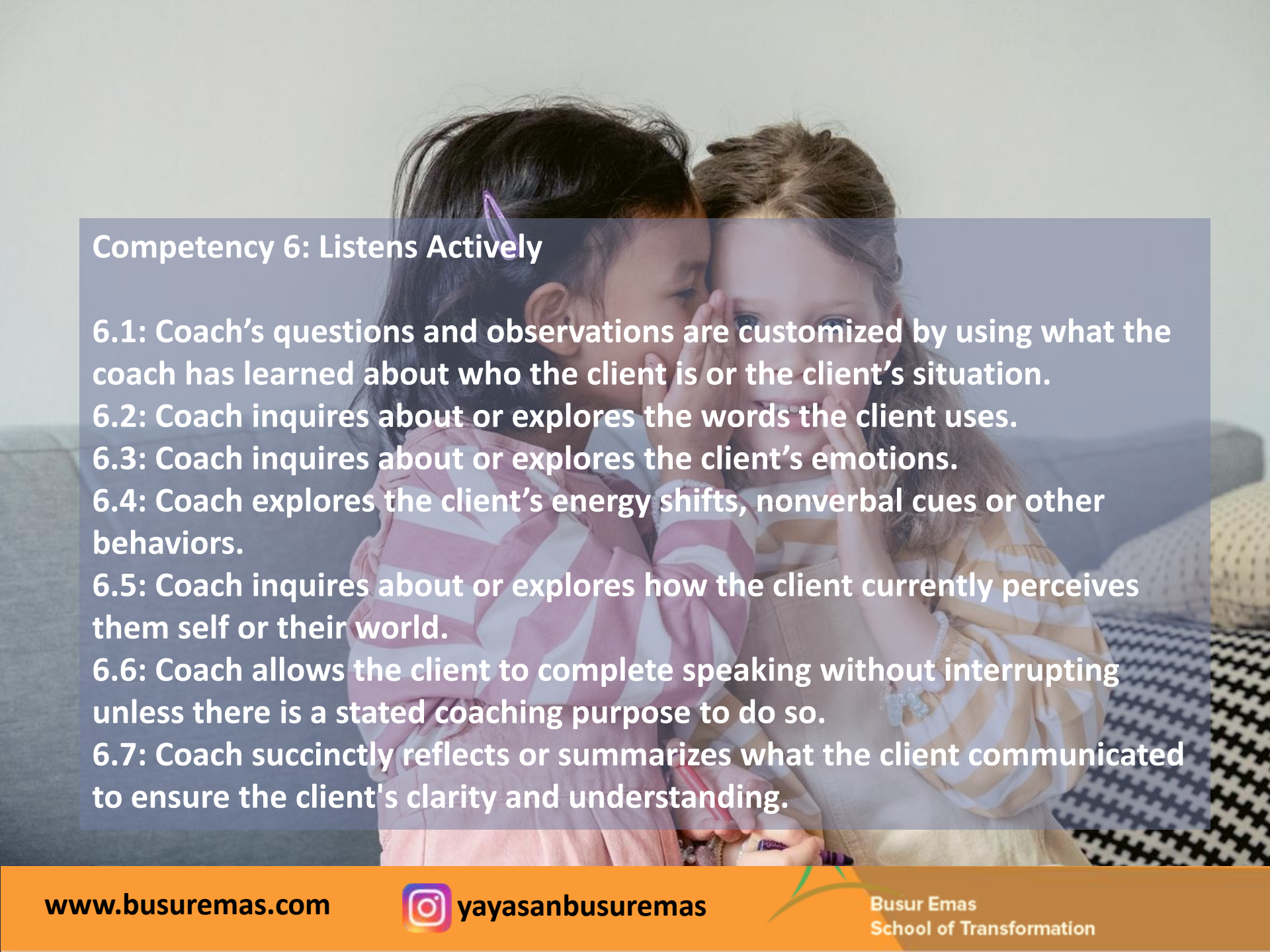


NATURE COACHING

A photograph of two young girls, one with dark hair and a pink clip, the other with light brown hair, both wearing striped shirts. They are leaning in and whispering to each other, with their hands near their mouths. The image is overlaid with a semi-transparent blue box containing text.

Competency 6: Listens Actively

6.1: Coach's questions and observations are customized by using what the coach has learned about who the client is or the client's situation.

6.2: Coach inquires about or explores the words the client uses.

6.3: Coach inquires about or explores the client's emotions.

6.4: Coach explores the client's energy shifts, nonverbal cues or other behaviors.

6.5: Coach inquires about or explores how the client currently perceives them self or their world.

6.6: Coach allows the client to complete speaking without interrupting unless there is a stated coaching purpose to do so.

6.7: Coach succinctly reflects or summarizes what the client communicated to ensure the client's clarity and understanding.

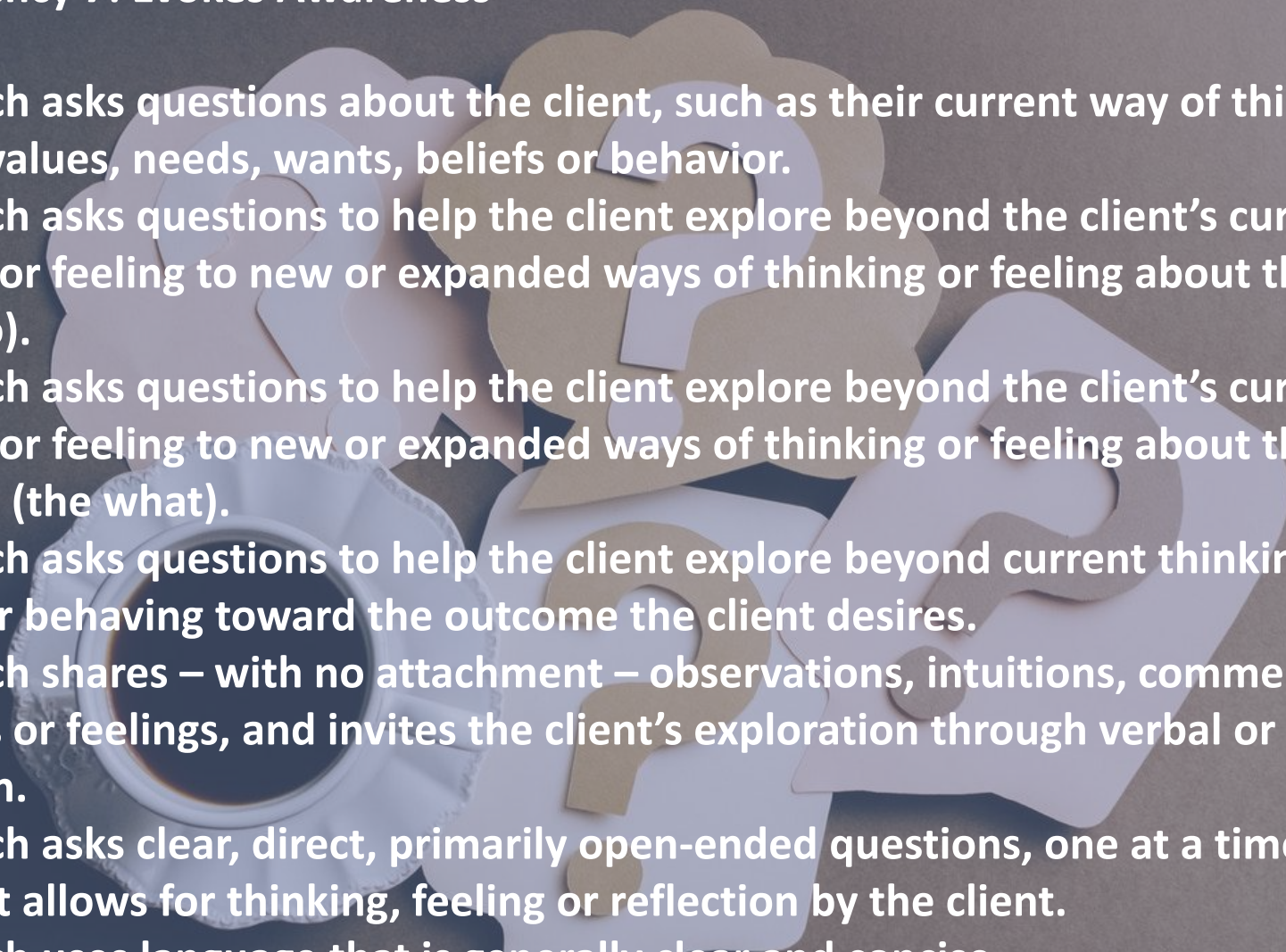
Prerequisite for Listening Actively

Curiosity, Non-judgemental Mind, Humility



“Yes, And” Exercise

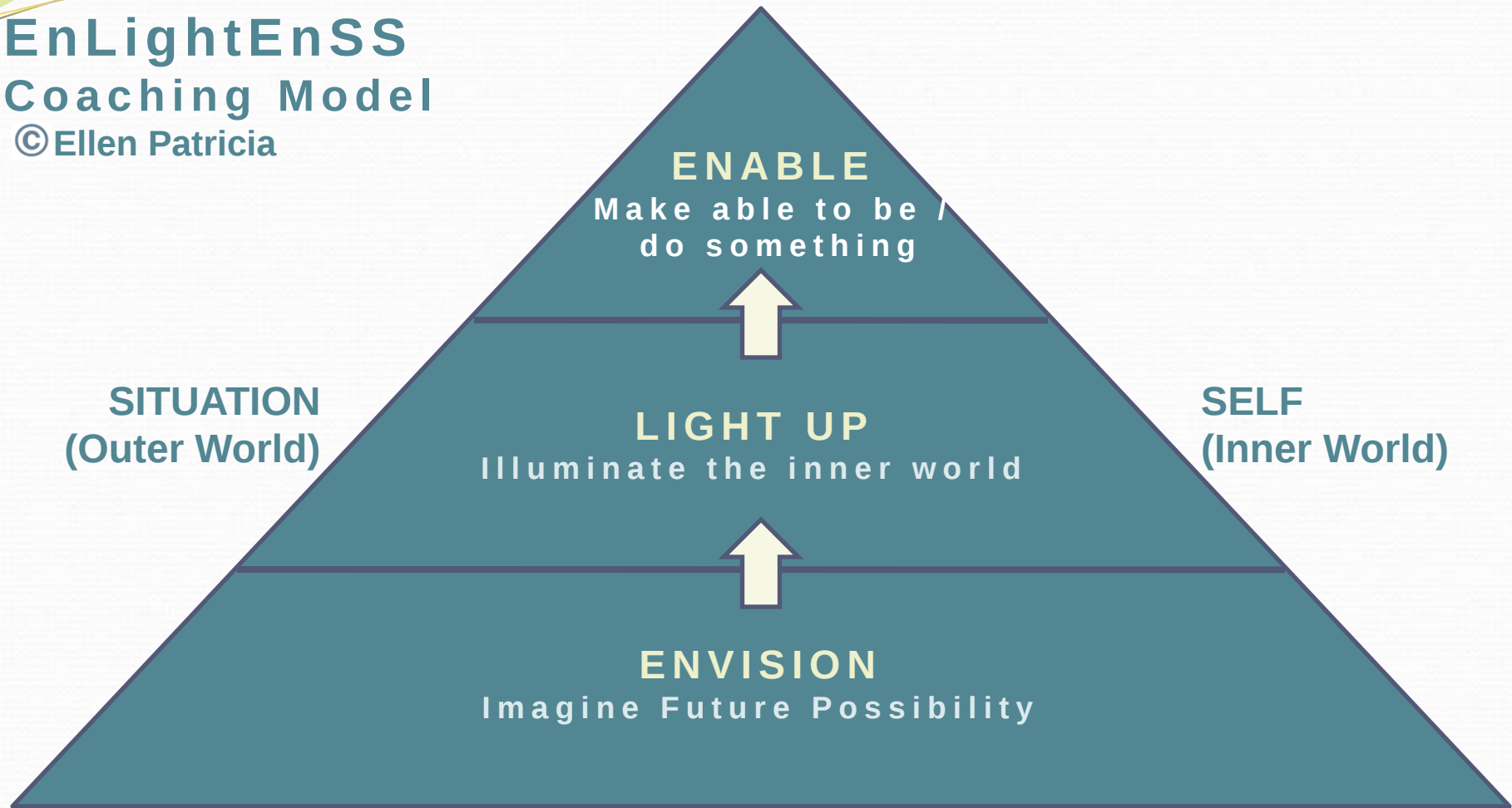
Competency 7: Evokes Awareness

- 
- 7.1: Coach asks questions about the client, such as their current way of thinking, feeling, values, needs, wants, beliefs or behavior.
 - 7.2: Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about the self (the who).
 - 7.3: Coach asks questions to help the client explore beyond the client's current thinking or feeling to new or expanded ways of thinking or feeling about their situation (the what).
 - 7.4: Coach asks questions to help the client explore beyond current thinking, feeling or behaving toward the outcome the client desires.
 - 7.5: Coach shares – with no attachment – observations, intuitions, comments, thoughts or feelings, and invites the client's exploration through verbal or tonal invitation.
 - 7.6: Coach asks clear, direct, primarily open-ended questions, one at a time, at a pace that allows for thinking, feeling or reflection by the client.
 - 7.7: Coach uses language that is generally clear and concise.
 - 7.8: Coach allows the client to do most of the talking.

EnLightEnSS

Coaching Model

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Spring : Preparation
First Quarter

Waxing Gibbous



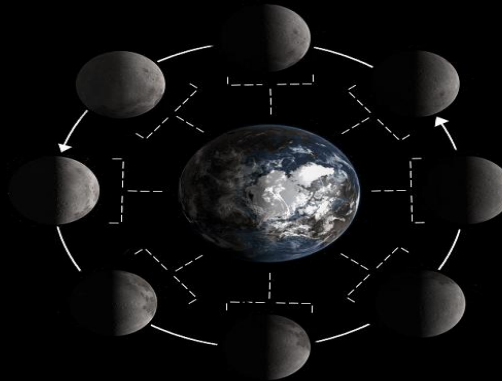
Waxing Crescent



Full



**Summer :
Action**



New



**Winter :
Gather Energy**

Waning Gibbous



Waning Crescent



Third Quarter
Autumn : Celebrate & Let Go



The Metaphor of the Moon Cycle

New Moon / Winter (Nature's Way by Karyn Prentice)

1. What is germinating in you for flowering next Spring?
2. What needs your time and attention that you have been avoiding?
3. What feeds your soul?
4. How can you make stillness and quiet a part of your resilience arsenal?
5. Where and how do you drink in your deepest wisdom?



The Metaphor of the Moon Cycle

Waxing Moon / Spring (Nature's Way by Karyn Prentice)

1. What would you like to see blossom in you / your work?
2. What will you seed to take you to harvest time?
3. Where do you need to hold your ground?
4. How can you look after the tender shoots of new thinking?
5. How might you encourage your natural creative growth?



The Metaphor of the Moon Cycle

Full Moon / Summer (Nature's Way by Karyn Prentice)

1. How is your work taking you in terms of new territory?
2. In what ways are you ripening in thought / deed?
3. How do you grow in cooperation with others?
4. Who are your support system?
5. What are the passionate actions of your life?



The Metaphor of the Moon Cycle

Waning Moon / Autumn (Nature's Way by Karyn Prentice)

1. Where do you need more space?
2. To who or what do you need to say goodbye?
3. What could 'savour' mean to you when you think about this year's good experiences?
4. If you sort the wheat from the chaff, what do you have?
5. If you counted your blessing, what would be in the list?



Thank
you

