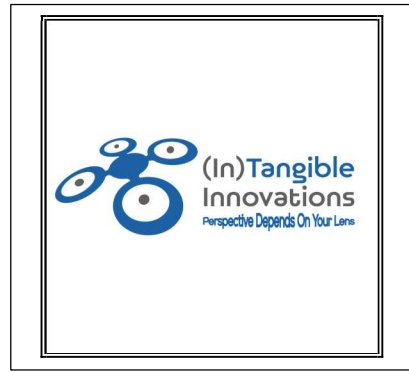


Coaching Agreement

Pipe Key | Verbs | Derailed

- 1) doubt | blame | criticize | escalate
- 2) isolate | detach | withdraw | shut down
- 3) procrastinate | equivocate | avoid



Internalized failure is an act of control that makes us vulnerable to our own self-critic. Paradoxically, shifting our focus towards values-aligned action invites us to mingle with a new vulnerability.

Coaching focuses the lens on the paradox of vulnerability

The Coach | Designs Alliance | Partners | Mirrors | Lingers in:

1. Resonance | presence | empathy | compassion | reflection | completion
2. Metaphor | mindfulness | quiet | calm | confidence | language | attention | flexibility | honesty
3. EQ-i2.0 | emotional intelligence | optimism | coping | decision-making
4. NLI: Brain-Based Communication | SCARF | Reward | Insight | intention | vision | Planning
5. ICF Competencies (2021) | 1-ethics¹ | confidentiality | 2-mindset | 3-agreements | 4-safety | 5-presence | 6-listening | 7-client-insight | 8-client-determination | professional growth

The Client | Designs Alliance | Partners | Reflects | Lingers in:

Senses | perception | quiet | calm | meaning | strength | creativity | capacity | competence | connection | attention | energy | dialogue | values | joy | sadness | worry | disruption | metaphor | intention | action | tribute | fulfillment

Coaching does not focus on past traumas, neglect, addiction (therapy), lead the client towards a specific outcome (mentoring), instruct or advise (consulting).

Client Name: _____ Date: _____

¹ ICF Code of Ethics at https://coachfederation.org/app/uploads/2020/01/ICF-Code-of-Ethics_2015.pdf