



What to Expect: Coaching with Leah

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COACHING

Welcome!

Coaching with me is a journey. We partner with the mystery. This outline gives the structure I use so we can be present to navigate the unknown. Please reach out if you have any questions.

What does a session look like?

CENTER and GROUND

- Each session starts off with the space to attune, center and ground in our bodies.
- I often will start off by welcoming you & asking, **How would you like to ground today?**
- I've been mentored by many tree-beings so my default is using breath and a grounding meditation. However, simply breathing together, a short writing exercise, movement practice or another form of grounding and centering is most welcome.
- This time helps us deepen into our relational space and become present.
- This also models practices that you can take into your daily life.

INQUIRY

- Next, I'll open up our time with this question. **What is most alive in you today?**
- **This question is in relation to our coaching journey and your desires for our session.*
- As we get clear about what you'd like to explore in our session, I will also ask as we get started, **What would you like to take away from our session today?**

NARRATIVE & BODY-CENTERED JOURNEY

- With the answers to your questions, we both set forth down the path and stay curious about what we find.
- Often there is a story that starts to be told that guides us.
- Over our time, I may ask you to pause. Sometimes I want to clarify what you are sharing, ask you to "drop in" to a feeling or experience that came up or offer a guiding question.
- Sometimes I'll ask you to explore who you are within that story. By seeing yourself as a character with a specific script, we can explore if/how something wants to shift/change.
- Often times we'll simulate specific experiences (in the present or going forward or back in time) in order to explore a key question you are holding.

CLOSURE

- Sessions come to a close by anchoring the new awareness that has arisen in the session.
- I'll ask for your key learning and what next steps feel natural from here.
- I always end in gratitude, both to you and the guidance and support offered to us.