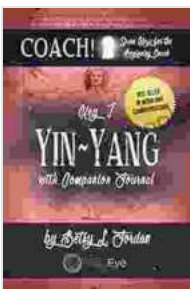


# Yin Yang Seven Keys For The Beginning Coach

As a beginning coach, you may feel overwhelmed by the vast amount of information available to you. It can be difficult to know where to start and how to develop your coaching skills. The Yin Yang Seven Keys can provide you with a starting point and a framework for your coaching practice.

The Yin Yang symbol represents the balance of opposites. In coaching, this balance can be seen in the relationship between the coach and the client. The coach provides support and guidance, while the client takes responsibility for their own growth and development.



## Yin/Yang: Seven Keys for the Beginning Coach.

★★★★★ 5 out of 5

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Enhanced typesetting	: Enabled
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The Seven Keys are a set of principles that can help you create a balanced and effective coaching relationship. These principles are:

1. Be present

2. Listen actively
3. Ask powerful questions
4. Provide feedback
5. Encourage self-discovery
6. Hold space
7. Trust the process

## **1. Be Present**

When you are coaching, it is important to be present with your client. This means giving them your full attention and being attuned to their needs. You can do this by making eye contact, listening attentively, and asking clarifying questions.

Being present also means being aware of your own thoughts and feelings. If you are distracted or preoccupied, it will affect your ability to coach effectively.

## **2. Listen Actively**

Active listening is a key skill for coaches. It involves listening not only to the words your client is saying, but also to the tone of their voice and their body language.

When you listen actively, you are showing your client that you are interested in what they have to say. You are also creating a safe space for them to share their thoughts and feelings.

## **3. Ask Powerful Questions**

Powerful questions are questions that help your client to think more deeply about their situation and to find their own solutions.

There are many different types of powerful questions, but some of the most common include:

- Open-ended questions: These questions encourage your client to share their thoughts and experiences.
- Reflective questions: These questions help your client to understand their own thoughts and feelings.
- Probing questions: These questions help your client to explore their situation more deeply.

#### **4. Provide Feedback**

Feedback is an important part of the coaching process. It can help your client to identify their strengths and weaknesses, and to develop their skills.

When providing feedback, it is important to be specific, objective, and constructive.

- Specific: Don't provide general feedback like "You're ng a great job." Instead, provide specific examples of what your client is ng well.
- Objective: Don't let your personal opinions or beliefs influence your feedback. Instead, focus on the facts.
- Constructive: Don't just point out your client's weaknesses. Instead, offer suggestions for improvement.

#### **5. Encourage Self-Discovery**

Coaching is not about telling your client what to do. It is about helping them to discover their own potential and to develop their own solutions.

You can encourage self-discovery by asking your client questions that help them to reflect on their experiences and to identify their own strengths and weaknesses.

You can also provide your client with resources that can help them to learn more about themselves and to develop their skills.

## **6. Hold Space**

Holding space is a term that refers to the ability to create a safe and supportive environment for your client to share their thoughts and feelings.

When you hold space, you are letting your client know that you are there for them and that you are willing to listen to them without judgment.

You can hold space for your client by:

- Being present
- Listening actively
- Asking powerful questions
- Providing feedback
- Encouraging self-discovery

## **7. Trust the Process**

Coaching is a journey, not a destination. There will be times when your client makes progress and times when they experience setbacks.

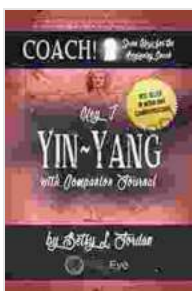
It is important to trust the process and to be patient with your client. If you get discouraged, remember that all coaches experience setbacks from time to time.

The best thing you can do is to continue to provide your client with support and guidance. With time and effort, your client will achieve their goals.

The Yin Yang Seven Keys are a powerful tool that can help you to develop your coaching skills and to create a balanced and effective coaching relationship.

By following these principles, you can help your clients to discover their own potential and to achieve their goals.

Remember, coaching is a journey, not a destination. There will be times when you make progress and times when you experience setbacks. Trust the process and be patient with your clients. With time and effort, you will achieve your goals and make a difference in the lives of your clients.



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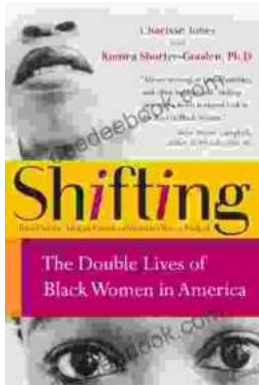
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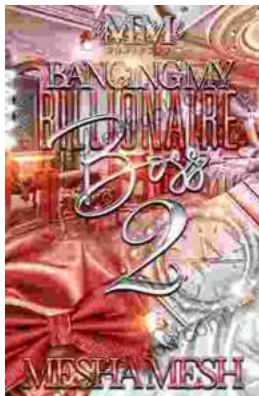
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