



Deep Release Online
Professional Training for Counsellors

COACHING FOR COUNSELLORS

Dr Chris Andrew





I'm gonna be a
surgeon!

MY STORY

LIFE'S EASY, ISN'T IT!



A COACH GETS YOU WHERE YOU WANT TO GO!

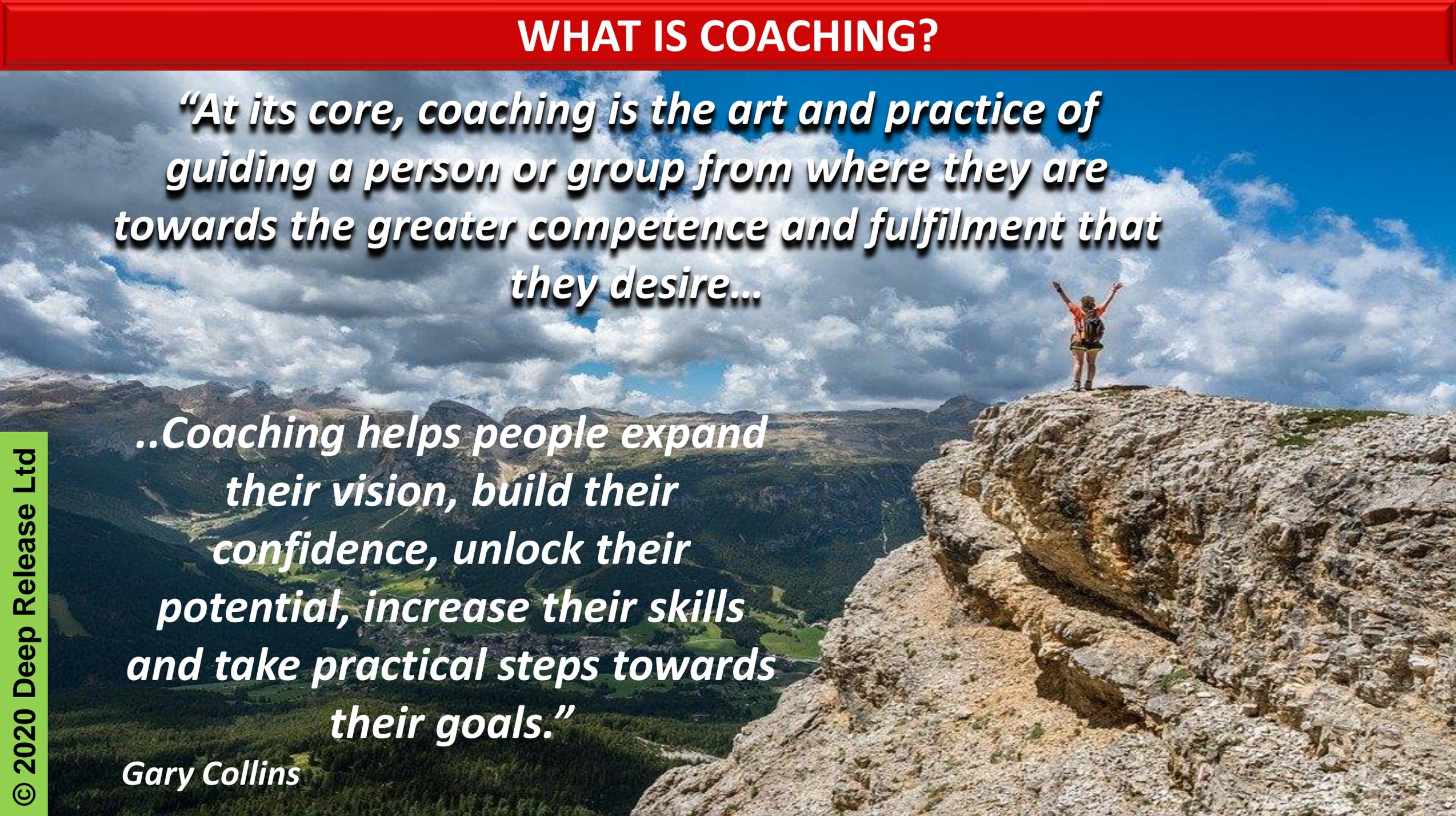


WHAT IS COACHING?

“At its core, coaching is the art and practice of guiding a person or group from where they are towards the greater competence and fulfilment that they desire...”

..Coaching helps people expand their vision, build their confidence, unlock their potential, increase their skills and take practical steps towards their goals.”

Gary Collins



WHY CHOOSE COACHING?

- Less threatening than counselling
- **Many different styles and contexts**
- Fits well online, on the phone, or in person
- **Group Co-Coaching benefits**



KEY COACHING CONCEPTS

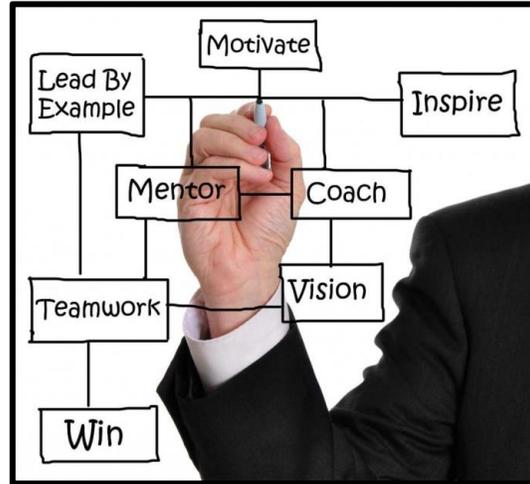
- **No-nonsense Approach**
- **Pragmatic**
- **Present & Future focused**
- **Solution-oriented**
- **Focused Questions**
- **Psychometric Tools**



DIFFERENT TYPES OF COACHING



Sports Coach



**Business/
Executive
Coach**



Teaching Coach



**Nutritional
Coach**



Life Coach

SOME COACHING APPROACHES

Cognitive Behavioural Coaching (CBC)

Neuro-Linguistic Programming (NLP)

This Way ?

That Way ?

GROW model

(Goals -Reality Opportunities -Will)

Sir John Whitmore

Stress
Management

Integrative

Spiritual
Direction

MENTORING

Someone who provides modelling, supervision, individualised help, spiritual direction, encouragement, correction, confrontation, a calling to accountability.



Telemachus was helped by “Mentor” when his father Odysseus went to war (for 21 years!). He did a great job running the country!

(Homer’s Odyssey)

INTERFACE BETWEEN COACHING, COUNSELLING & MENTORING

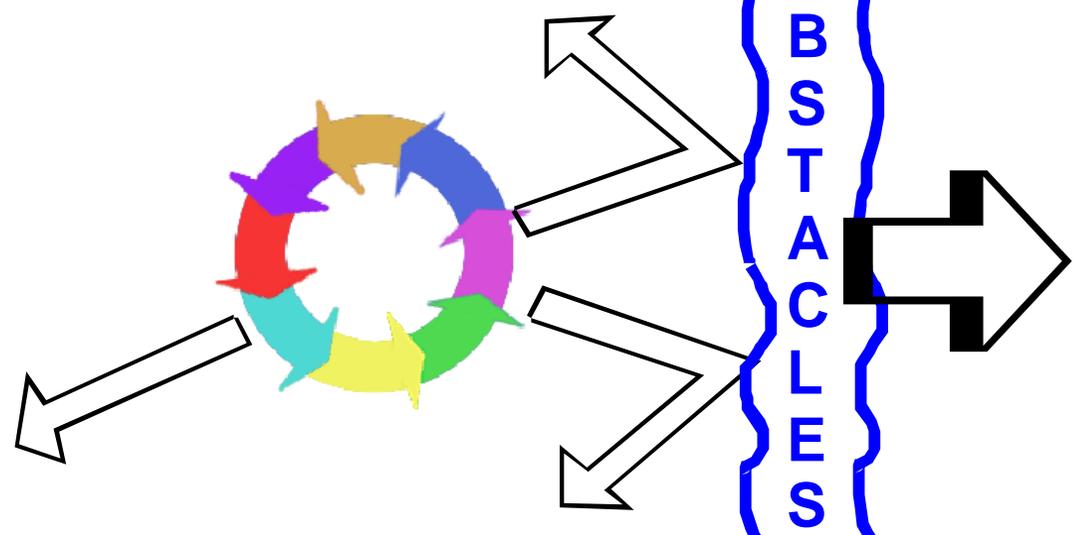
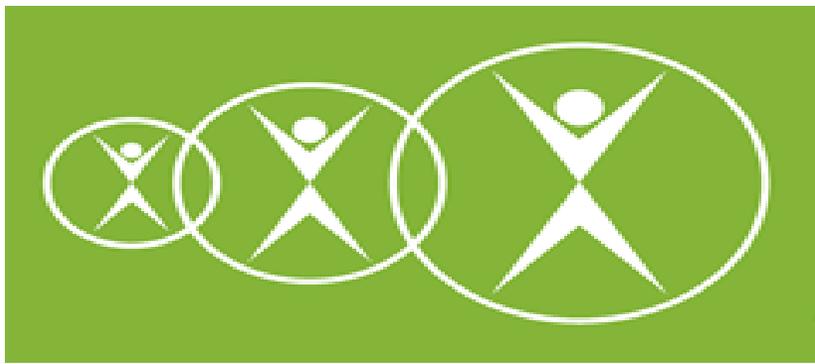




Where am I now?
Where do I want to get to?
What's stopping me?

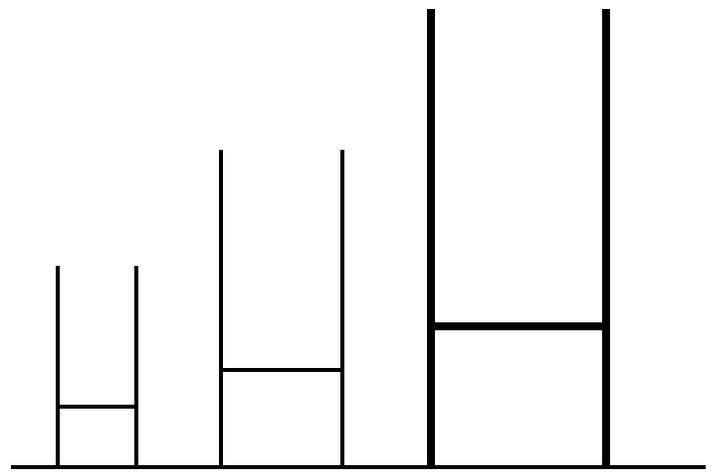
WHAT OBSTACLES ARE IN MY WAY?





OBSTACLES

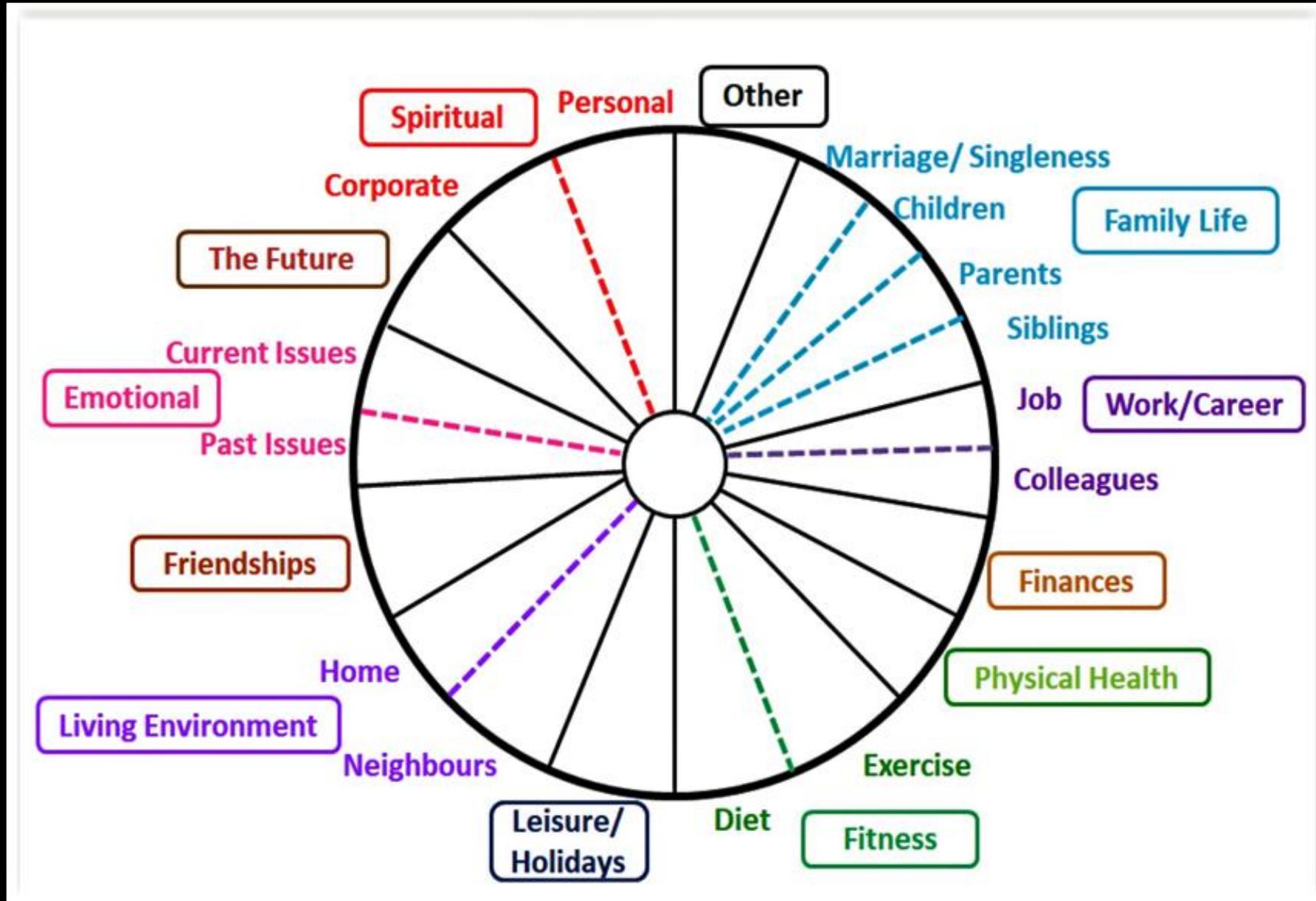
VISION



SWOT
Strengths
Weaknesses
Opportunities
Threats

SMART
Simple
Measurable
Agreed
Realistic
Time-related

WHEEL OF LIFE



REALISTIC SELF-ASSESSMENT!

Dunning Kruger Effect
*The inability of people to
recognised their lack of
ability...*



SWOT ANALYSIS

SWOT

Strengths

Weaknesses

Opportunities

Threats

(Cost-Benefit Analysis)



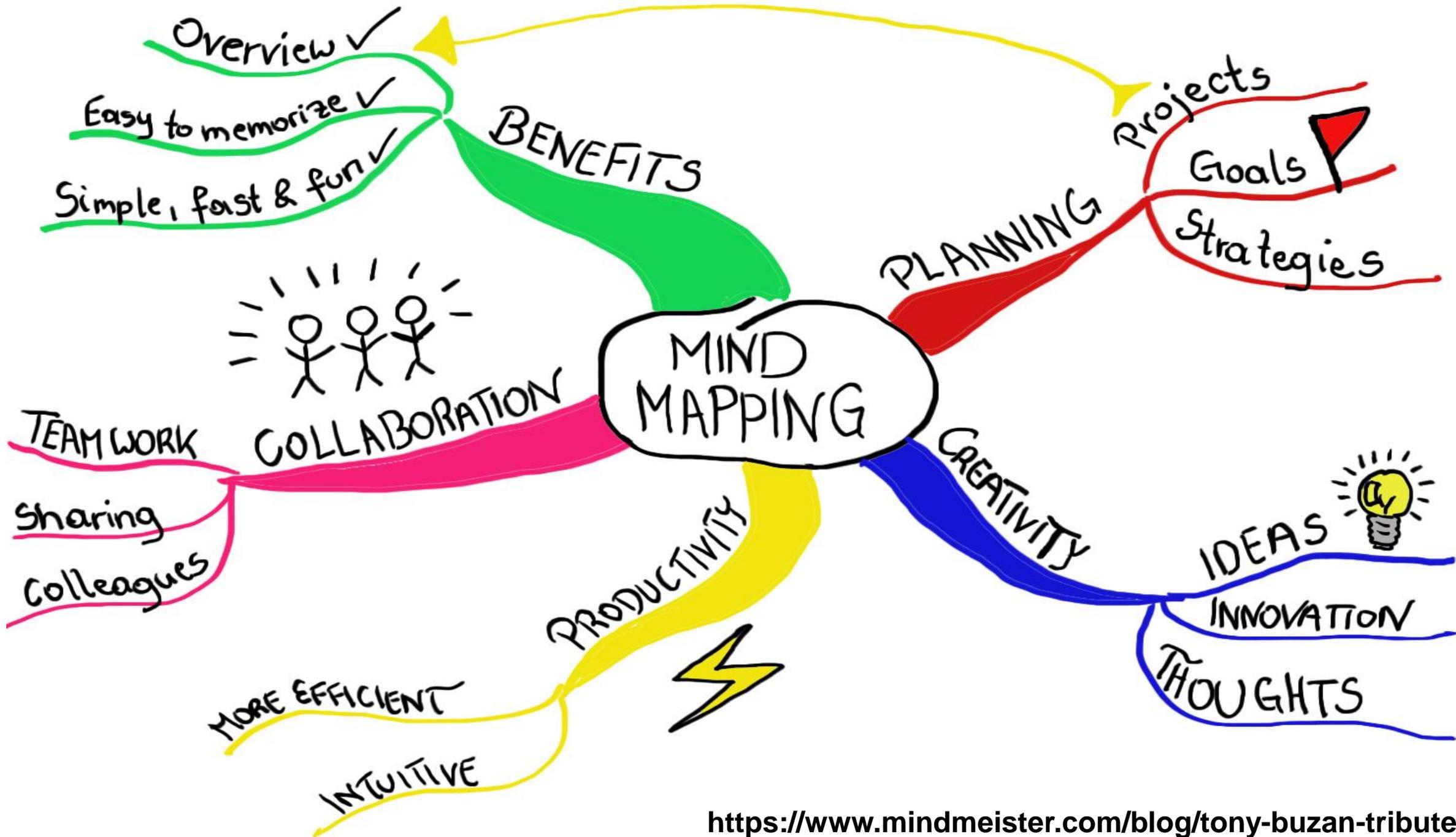
STRENGTHS

- Personal Capital
- Life Skills
- Work Skills
- Relational Skills
- Financial Ability
- IQ
- Locus of Control
- Life Challenges
- Resilience
- Getting things done
- *Self-Management*





**Have a Thought
Shower!**



MISSION STATEMENT

- How do I want to be remembered?
- What do I want to have achieved?
- What inheritance do I want to leave for others?



COACHING QUESTIONS

- Brief
- Clear
- Focused
- Relevant
- Constructive
- Cut to the chase



KILLER COACHING QUESTIONS

- ? *Where are you now?*
- ? *Where do you want to get to?*
- ? *What's stopping you?*
- ? *If there were no barriers, what would you do?*
- ? *What advice would you give to a friend in this situation?*
- ? *Imagine talking to the wisest person you know/can think of. What would he/she tell you to do?*

KILLER COACHING QUESTIONS

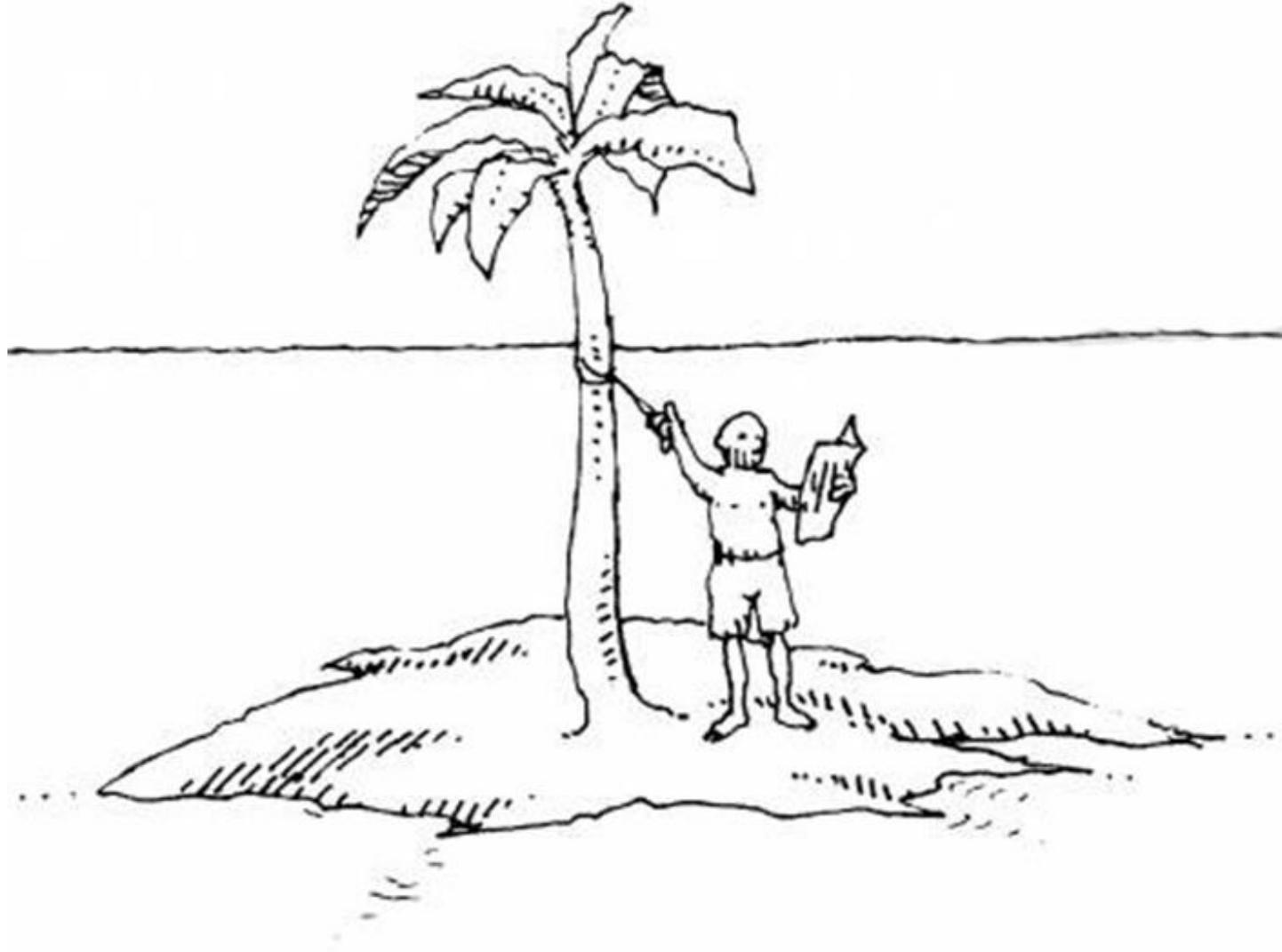
- ? *If you knew the answer, what would it be?* - enables the person to look beyond the blockage. (“Miracle Question”)
- ? *What would you gain/lose by doing/saying that?*
- ? *What would the consequences of that be for you/ for others?*
- ? *What is the hardest/most challenging part of this for you?*
- ? *What if you did nothing?*
- ? *How motivated/hungry are you to achieve your goal?*
- ? *What will it be like in 1... 3... 5 years time?*

THE BIGGEST CHALLENGE

IT IS NOT THE MOUNTAIN
WE CONQUER
BUT OURSELVES.

EDMUND HILLARY

Old Habits Die Hard



DOING THE RIGHT THING

Doing the right thing
can be so hard...



Doing the wrong
thing, all too easy!



DECISION MAT WORK



Role Play

PROS AND CONS

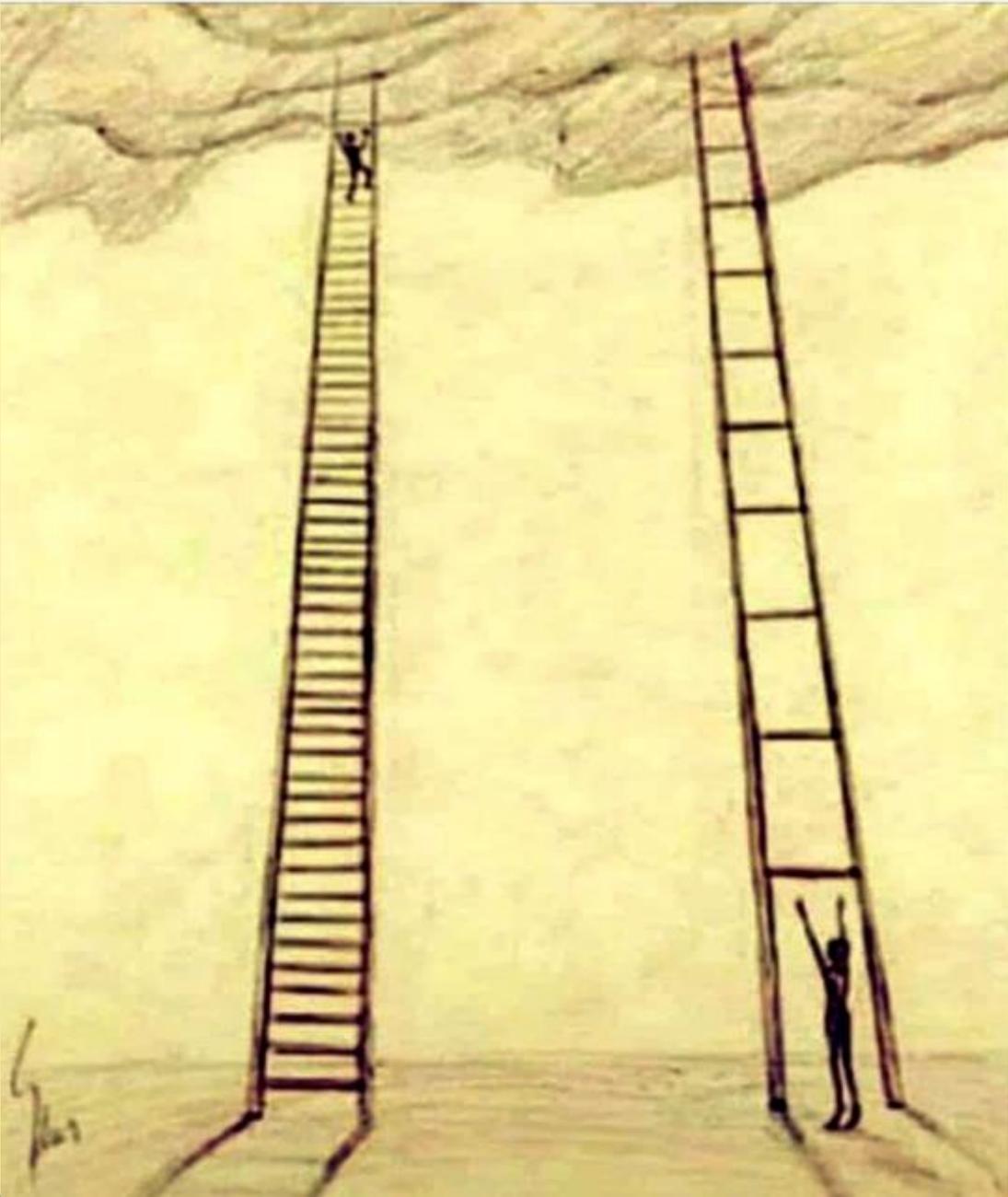
		ME		OTHERS	
		+	-	+	-
NOW					
LATER					

SMART GOALS

Simple
Measurable
Agreed
Realistic
Time-related



NOW I DON'T FEEL SO BAD ABOUT TAKING SMALL STEPS!



TAKE ACTION!

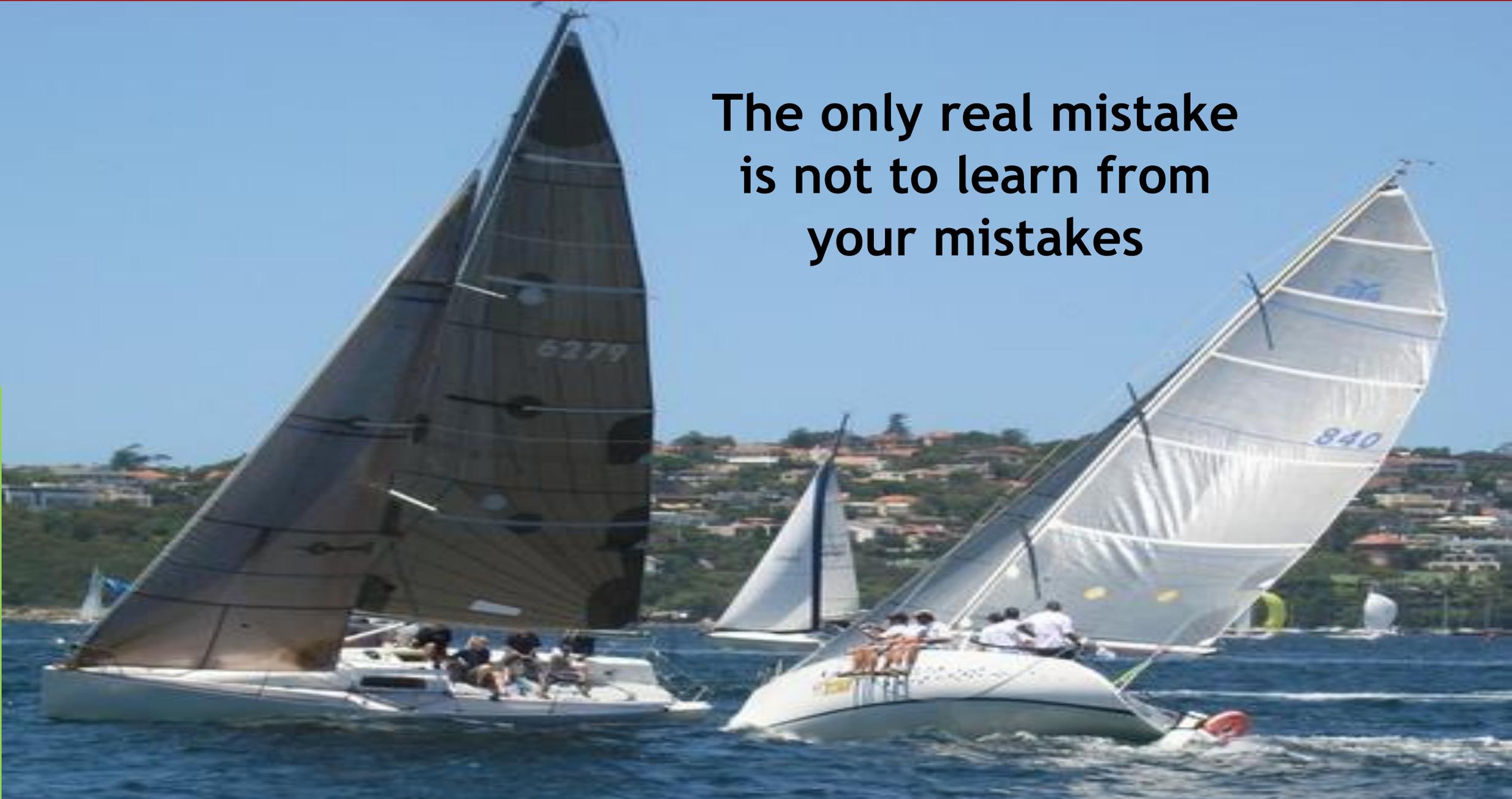


**Bang A
Nasty Job
Off
first!**



COURSE CORRECTION

The only real mistake
is not to learn from
your mistakes



IF AT FIRST YOU DON'T SUCCEED...

Persist
Until
Something
Happens



IMPORTANT

**DEADLINES
CRISES
PRESSING ISSUES**

**A FUTURE AND
A HOPE
PROPER PLANNING
LEAVING A LEGACY**

NOT IMPORTANT

**TIME WASTERS
DISTRACTIONS
PRESSURE FROM
OTHERS**

**RED HERRINGS
POOR PLANNING
WILD IDEAS**

IMMEDIATE

LONG TERM

“Live for today...

BUT plan for tomorrow”

End of Life
Planning

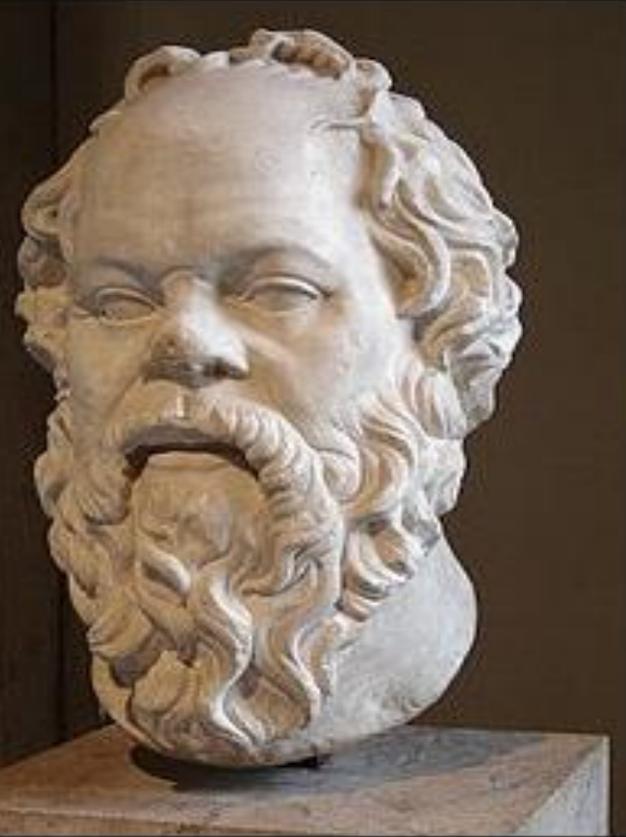
Leaving a
Legacy

Getting
things in
order

JOURNALLING



The unexamined life is not worth living.
(Socrates)



HUDDLE TIME!



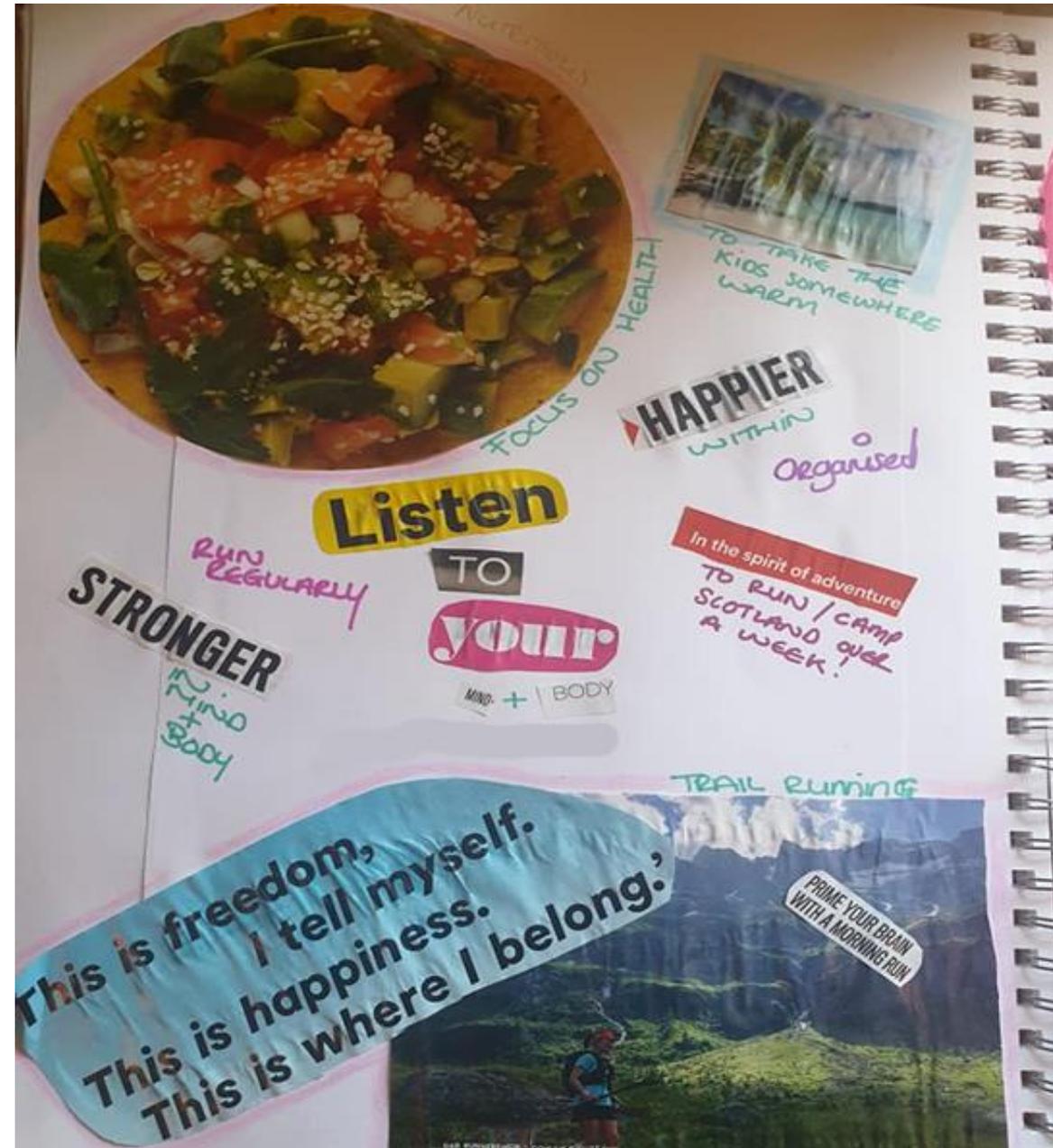
PLAN TIME TO PLAN!



MAKE A VISION BOARD!

A vision board is a collage of images, pictures, and affirmations of your dreams and desires, as a source of inspiration and motivation to attain your goals.

A lovely creative vision board kindly shared with us by Evie Sharpe from the Creative Counsellors Community!



FIND ENCOURAGERS



STRATEGIES

Take Personal Responsibility

Find a Coach!



RISKY TRANSITION!

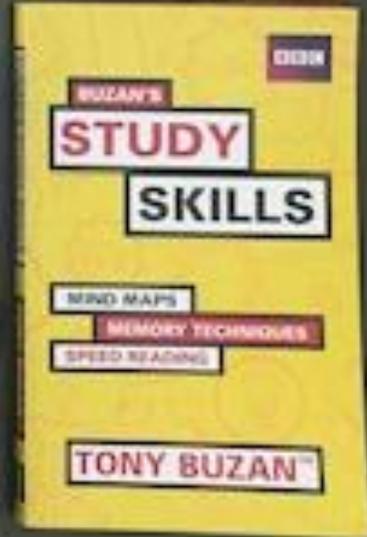
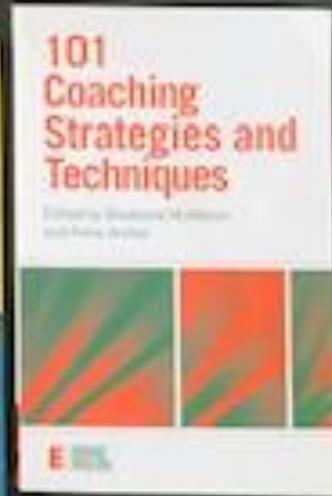
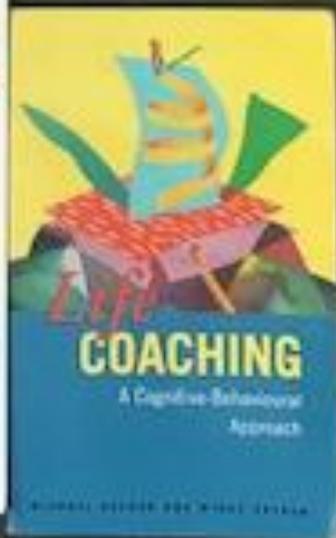
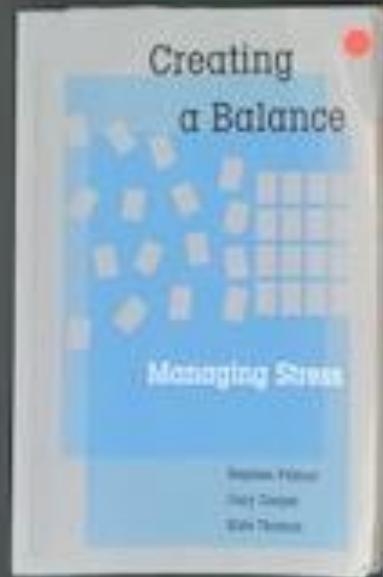
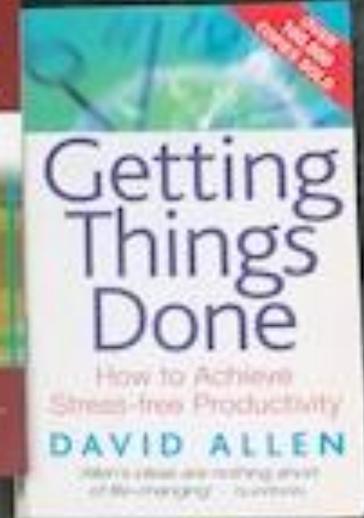
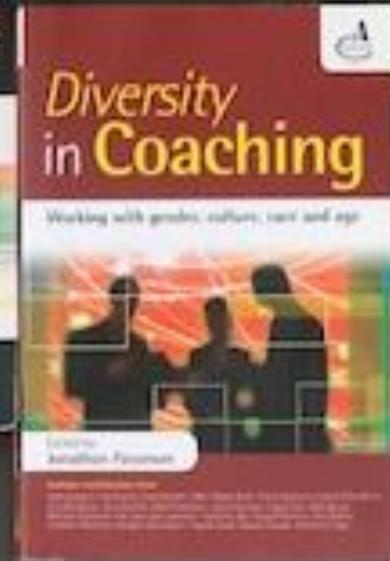
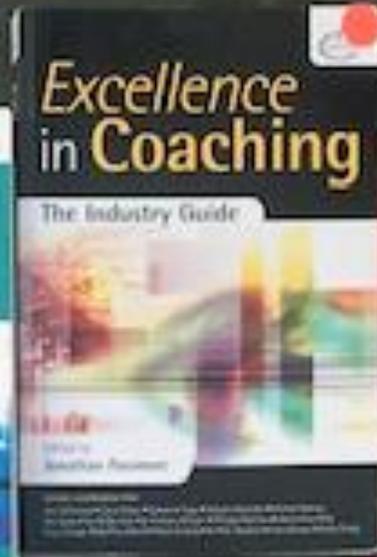
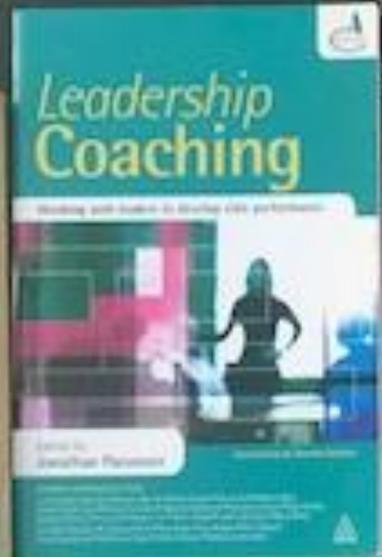
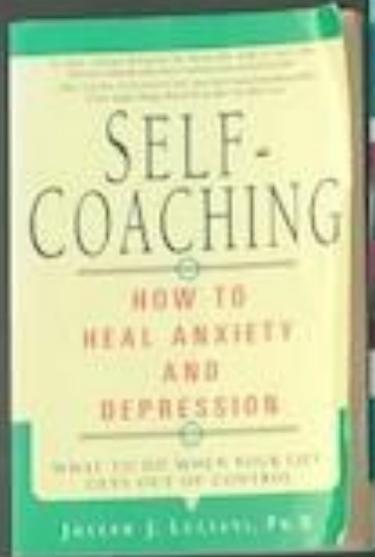


STRATEGIES

Find Escape Velocity

25,000 mph!!

Break out of the loop!



TRAINING OPPORTUNITIES



International Coach Federation

<https://www.coachfederation.org.uk/>

<https://www.associationforcoaching.com>

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FACEBOOK GROUP

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- A closed group for counsellors & trainee counsellors
- Please answer the joining questions!



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Edit

+ Invite

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Or visit:

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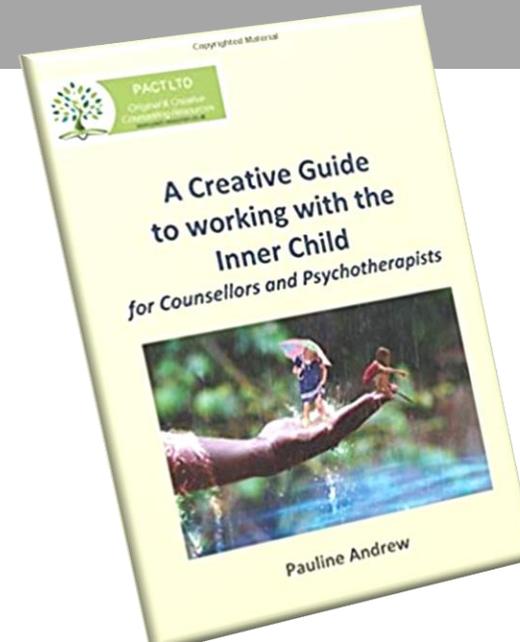
ROLES PLAYED IN FAMILIES CARDS



CORE NEEDS IN FAMILIES CARDS

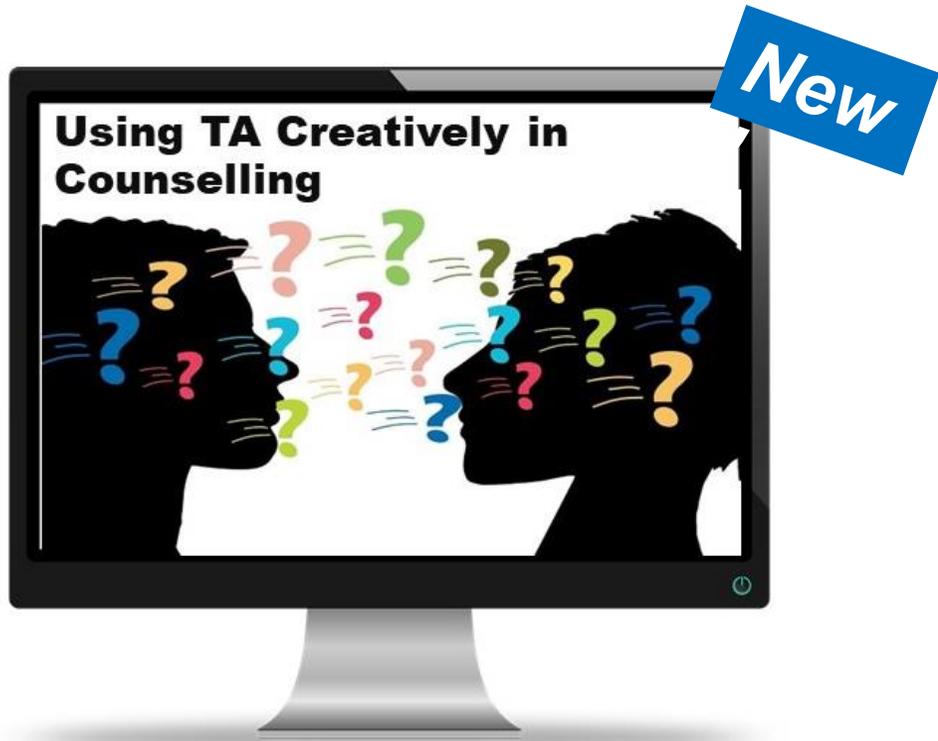


ROLES PLAYED IN ANGER CARDS



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please....



we'd love to hear from you



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