



**Deep Release Online**  
*Professional Training for Counsellors*

# **ADDING COACHING TO YOUR COUNSELLING PRACTICE**



**with Dr Chris Andrew**



I'm gonna be a  
surgeon!

**MY STORY**



# What is Coaching?

Life's easy...



isn't it!

**A coach gets you  
where you want to go**



***“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**

# Interview with Stephen



# 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

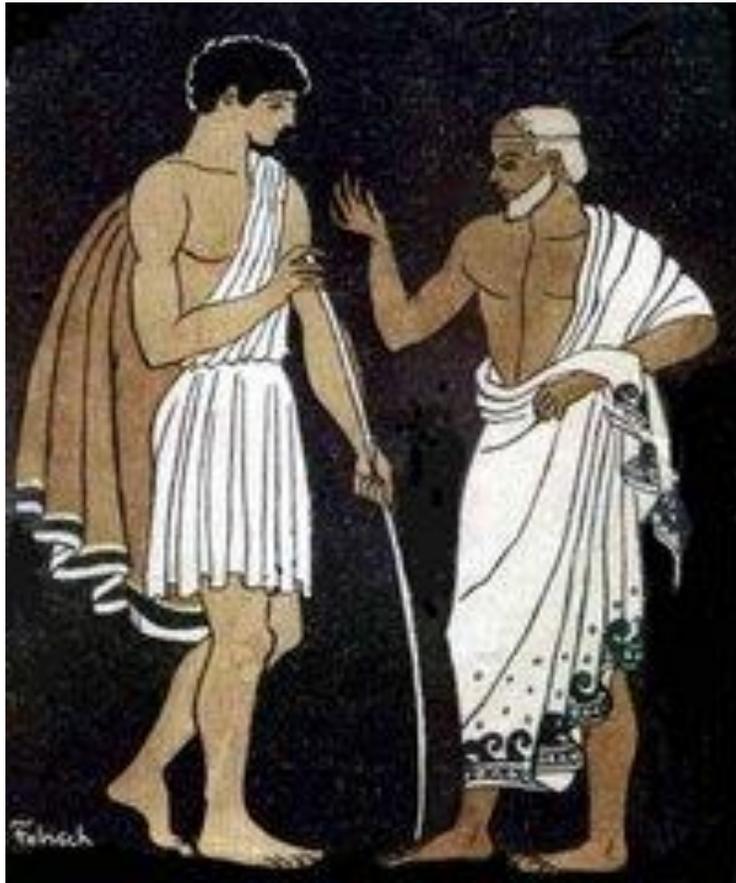
Spiritual  
Direction

# Interface between Coaching, Counselling & Mentoring



# 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)**

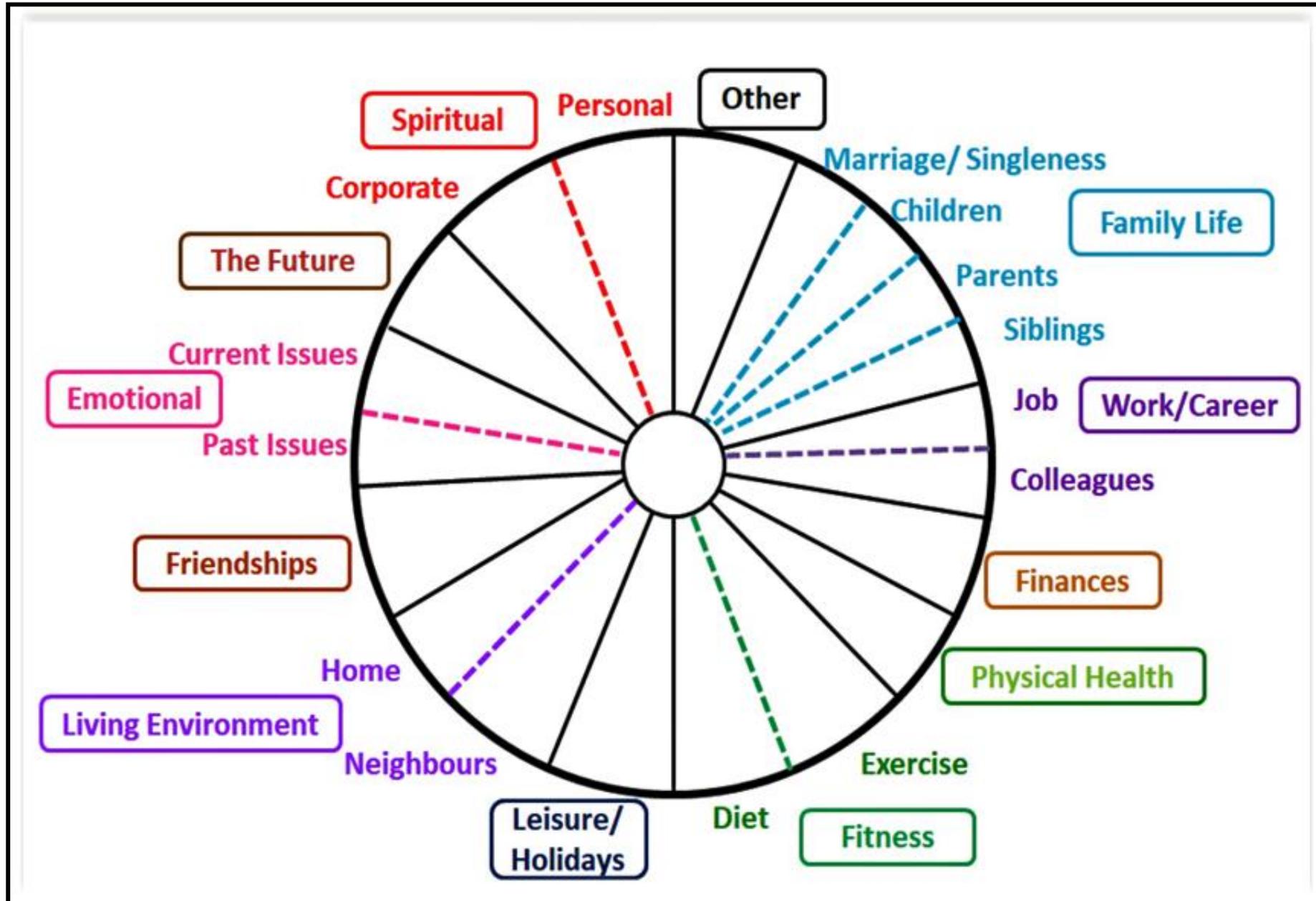


**Where am I now?**  
**Where do I want to get to?**  
**What's stopping me?**

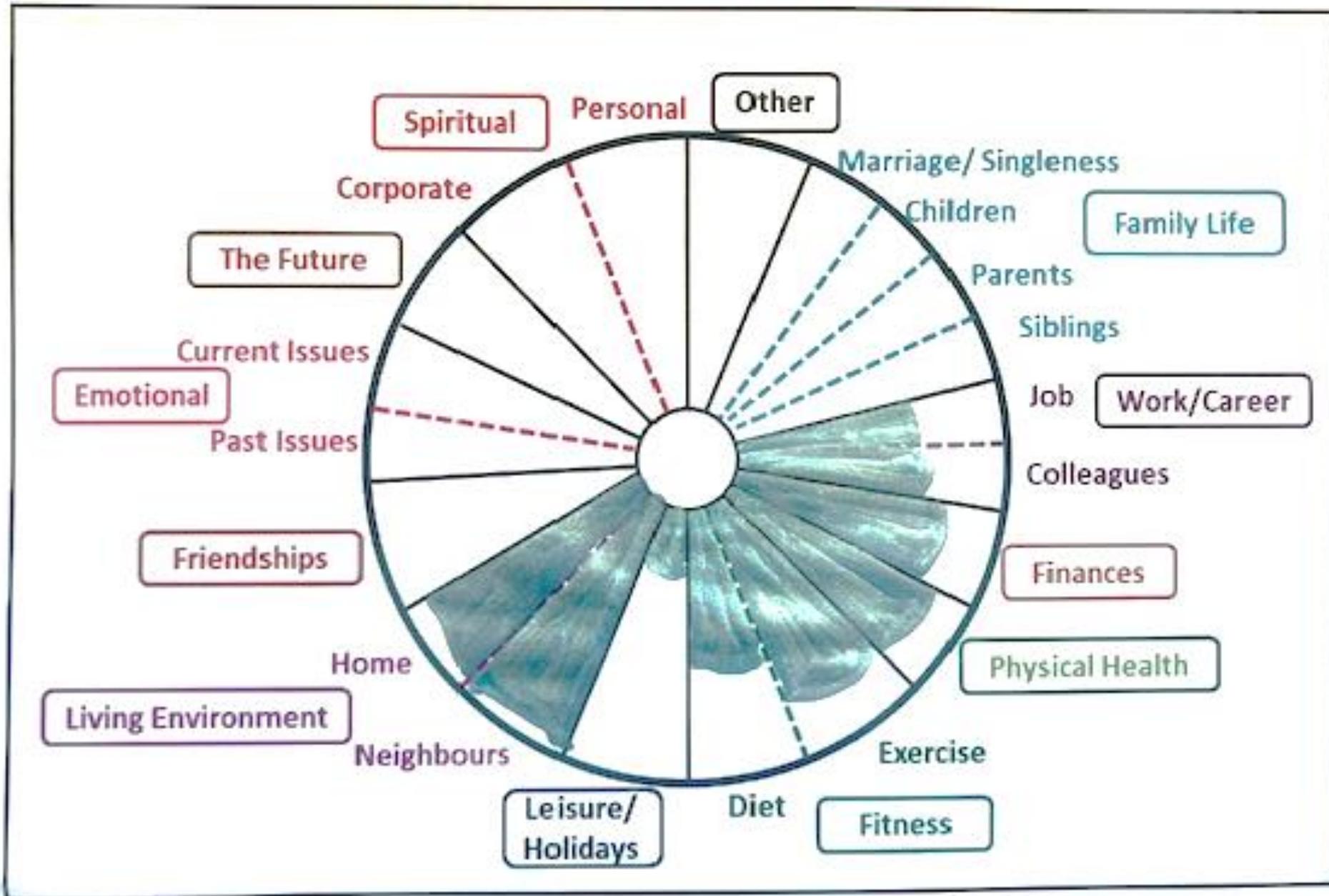
# WHAT OBSTACLES ARE IN MY WAY?

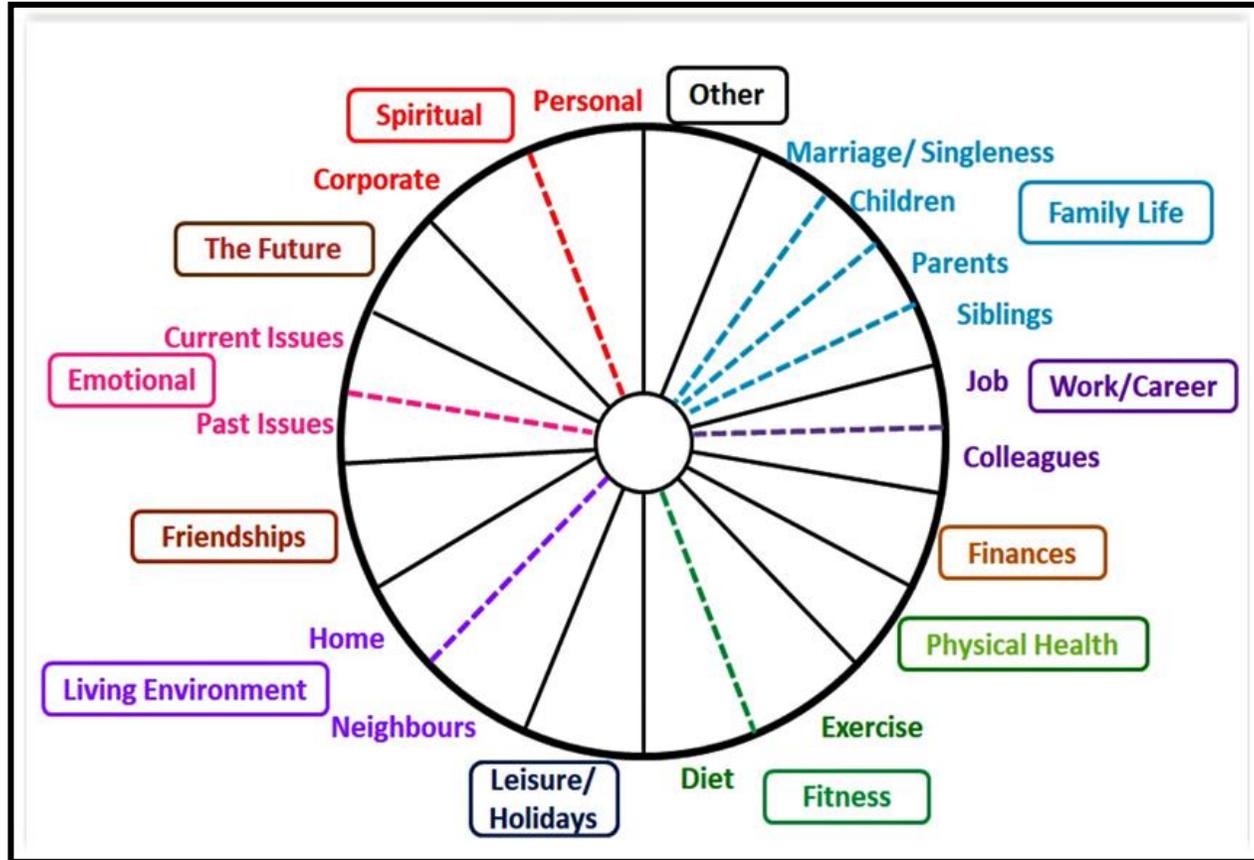


# The Wheel of Life



# The Wheel of Life





**What is your  
Wheel of Life  
like TODAY?**

**How would you  
like it to be?**



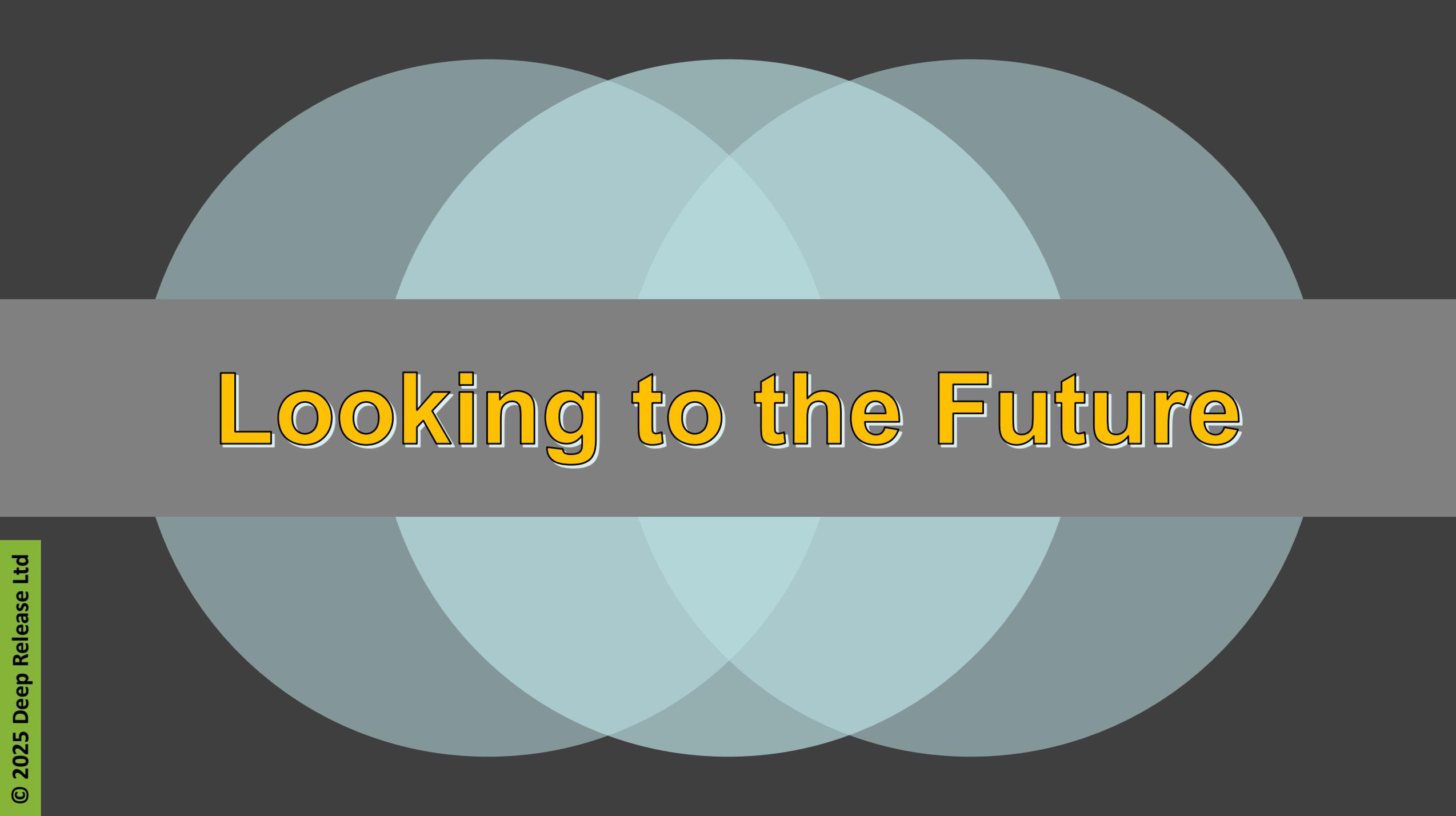
## Buddy Group Discussion

- Share your thoughts on coaching.
- What has the Wheel of Life brought up for you?
- Share as much as feels safe.

15 mins



5:00

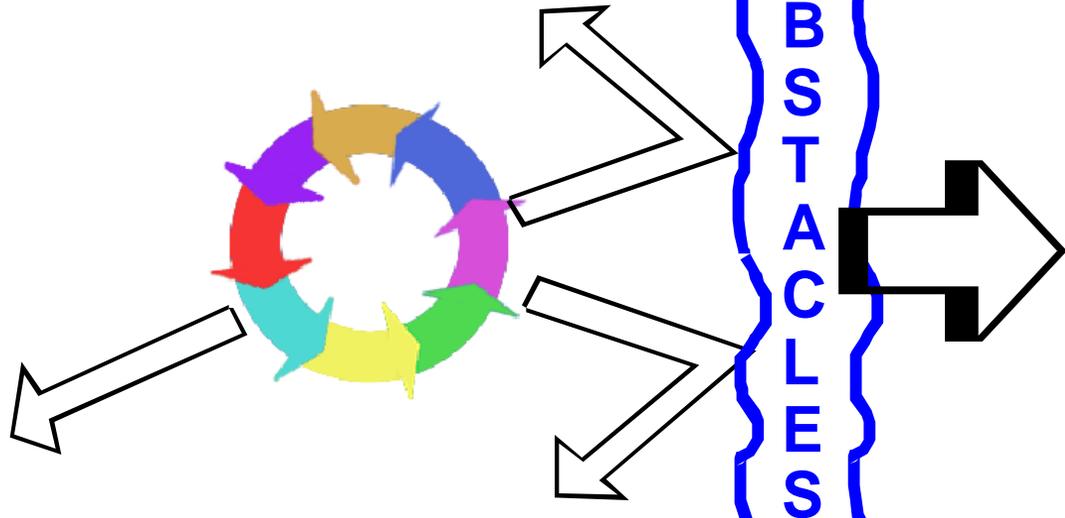
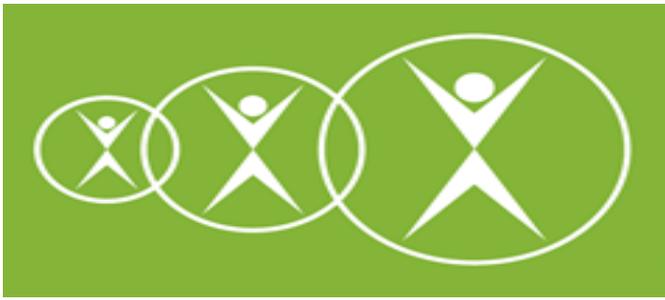


# Looking to the Future

## **COUNSELLING ASKS THE CLIENT TO DIG DEEP**

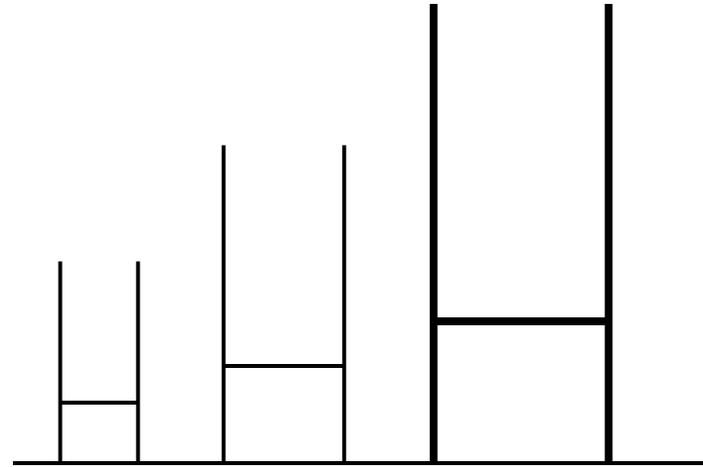


**SO DOES  
COACHING, BUT  
ALSO MAJORLY  
FOCUSES ON THE  
FUTURE AND  
WHERE THE  
CLIENT WANTS  
TO GET TO**



**OBSTACLES**

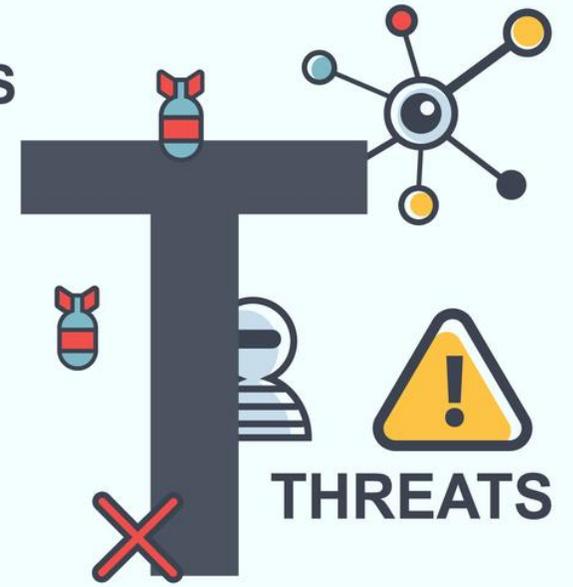
**VISION**



**SWOT**  
**S**trengths  
**W**eaknesses  
**O**pportunities  
**T**hreats

**SMART**  
**S**imple  
**M**easurable  
**A**greed  
**R**ealistic  
**T**ime-related

# SWOT Analysis

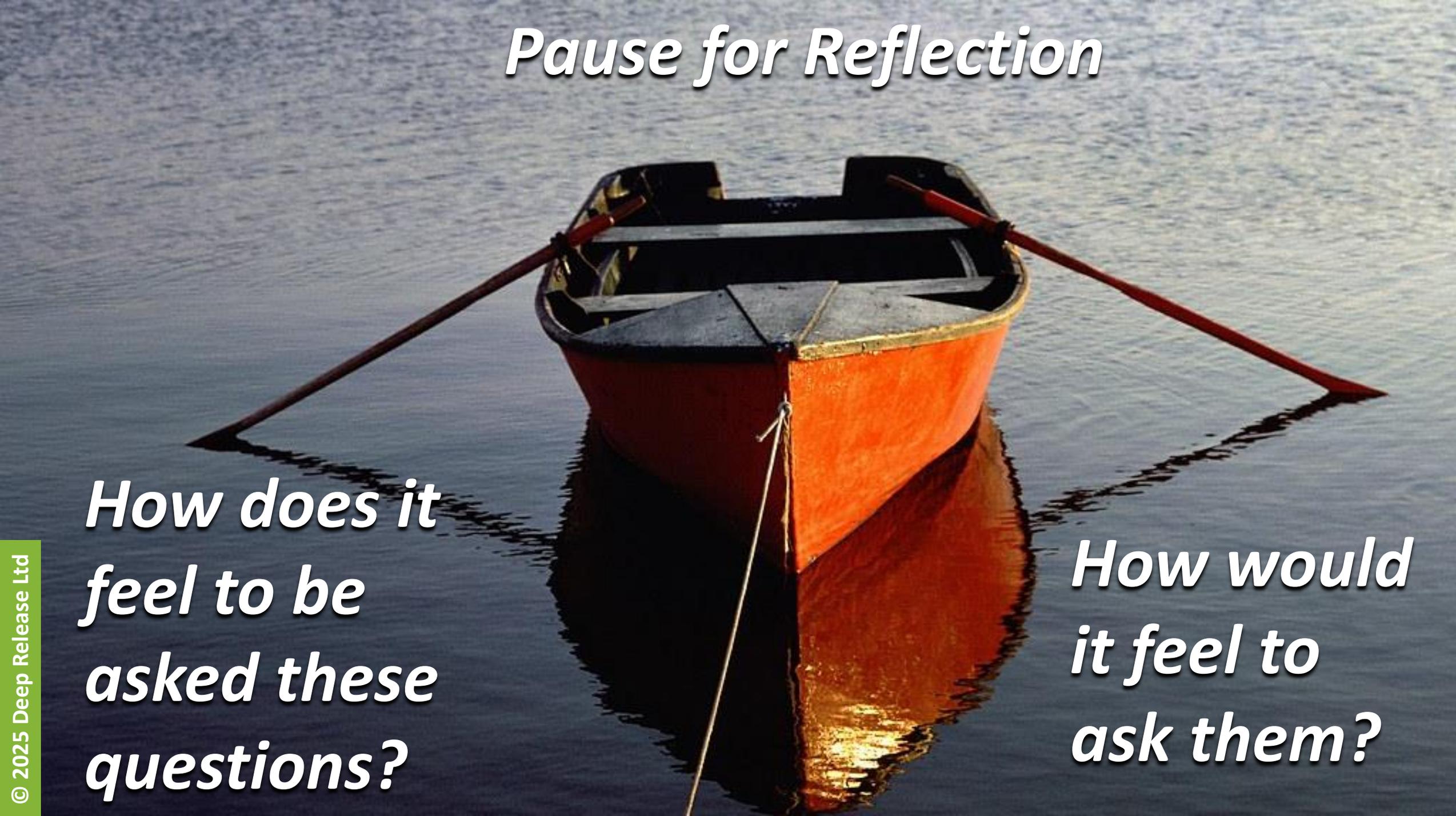


# Strengths & Weaknesses

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



# *Pause for Reflection*

A small, bright orange rowing boat is centered in the frame, floating on a calm, dark blue body of water. The boat is viewed from a slightly elevated front-quarter perspective. Two wooden oars are positioned inside the boat, extending outwards. The water's surface is still, creating a clear, dark reflection of the boat and its oars. The lighting is soft, suggesting a quiet time of day like dawn or dusk.

*How does it  
feel to be  
asked these  
questions?*

*How would  
it feel to  
ask them?*

# Writing your 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?

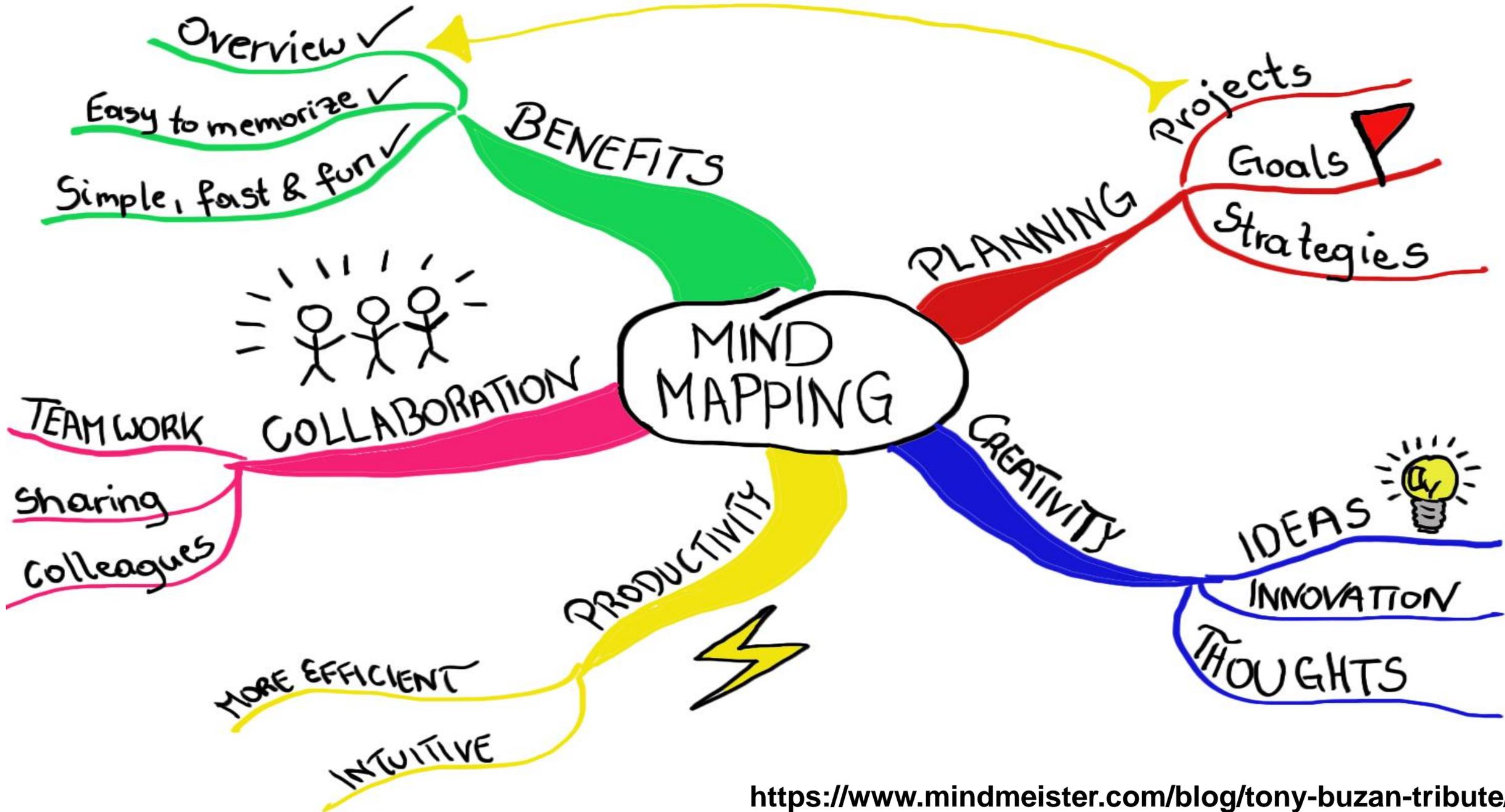




**Take a moment  
to begin to think  
about your  
Mission  
Statement**



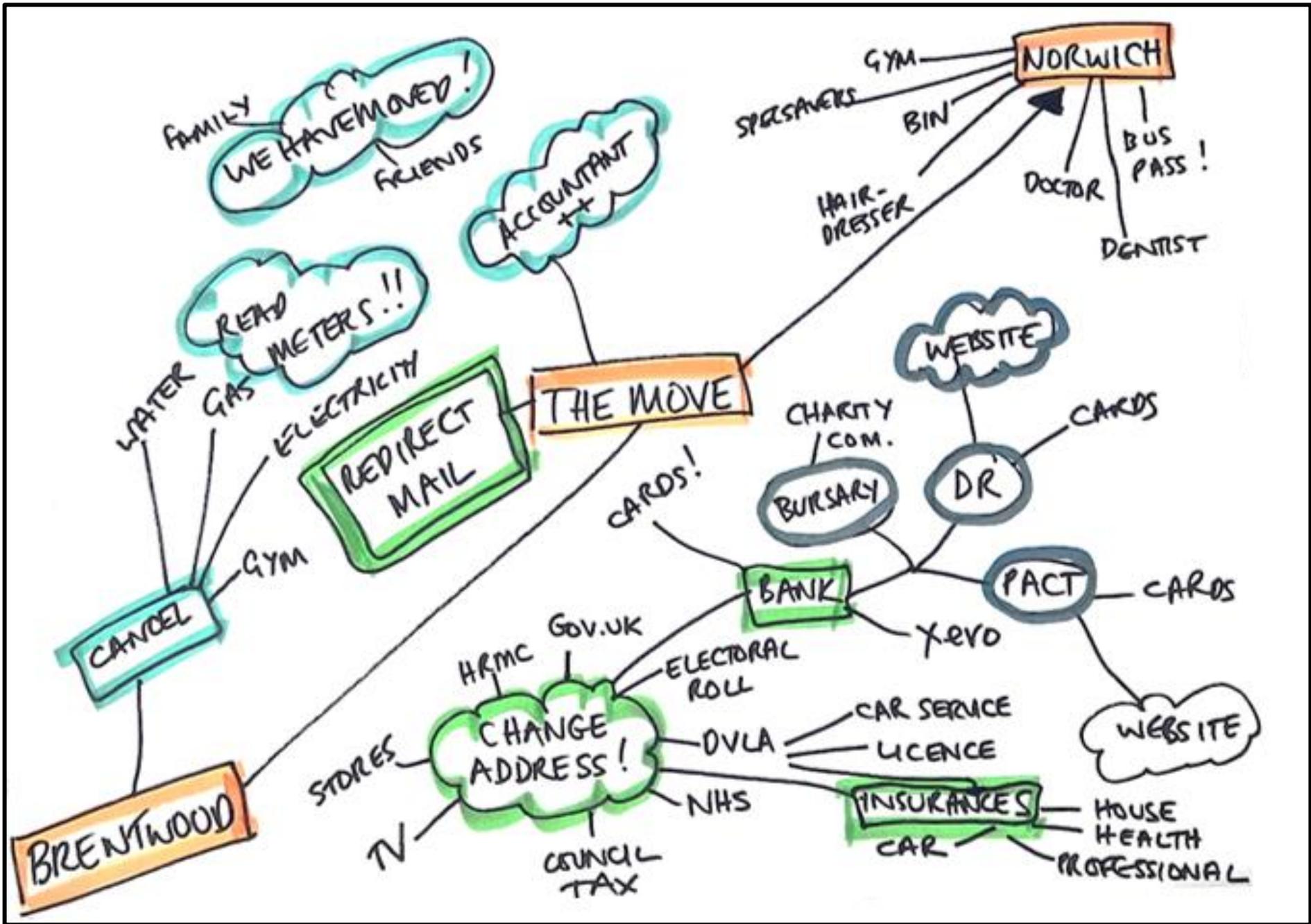
**Have a Thought  
Shower!**

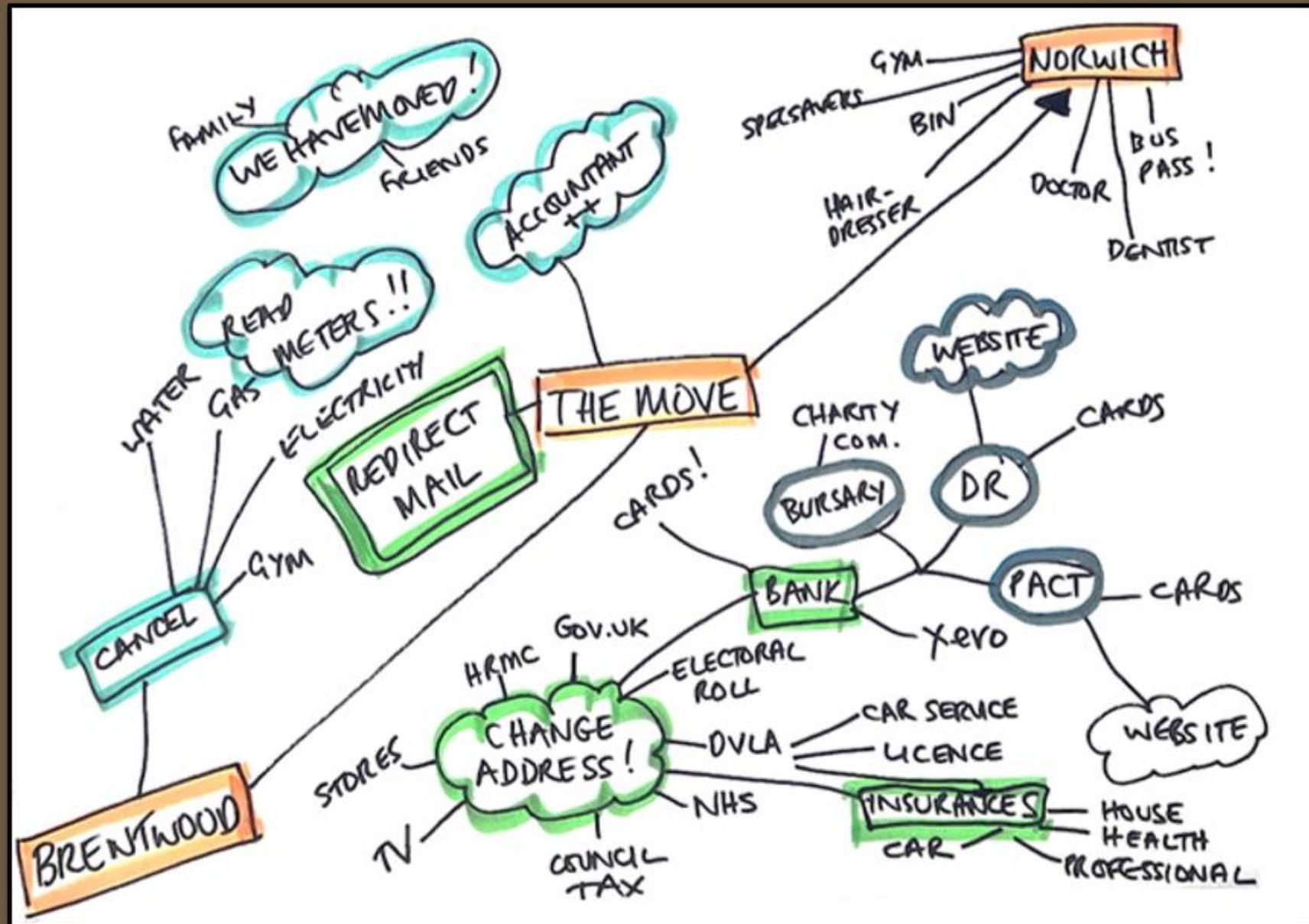


# Decision Mat Work



**Role Play**





Time to  
create  
your own  
Mind Map

# COACHING QUESTIONS

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



# Killer 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 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?*

# Buddy Group Discussion

- What was your response to writing a Mission Statement?
- How did your Mind Mapping go?
- How did you respond to the Questions?

15 mins



**10:00**



**Questions  
Comments  
Discussion**



# Self-Management

**IT IS NOT  
THE MOUNTAIN  
WE CONQUER  
BUT OURSELVES.**

**EDMUND HILLARY**

**The Biggest  
Challenge**

# Resistance to Change



# Old Habits Die Hard



# Doing the Right Thing

Doing the right thing  
can be so hard...



Doing the wrong  
thing, all too easy!



# Incentives



# What Kind of Encouragement do you Need?

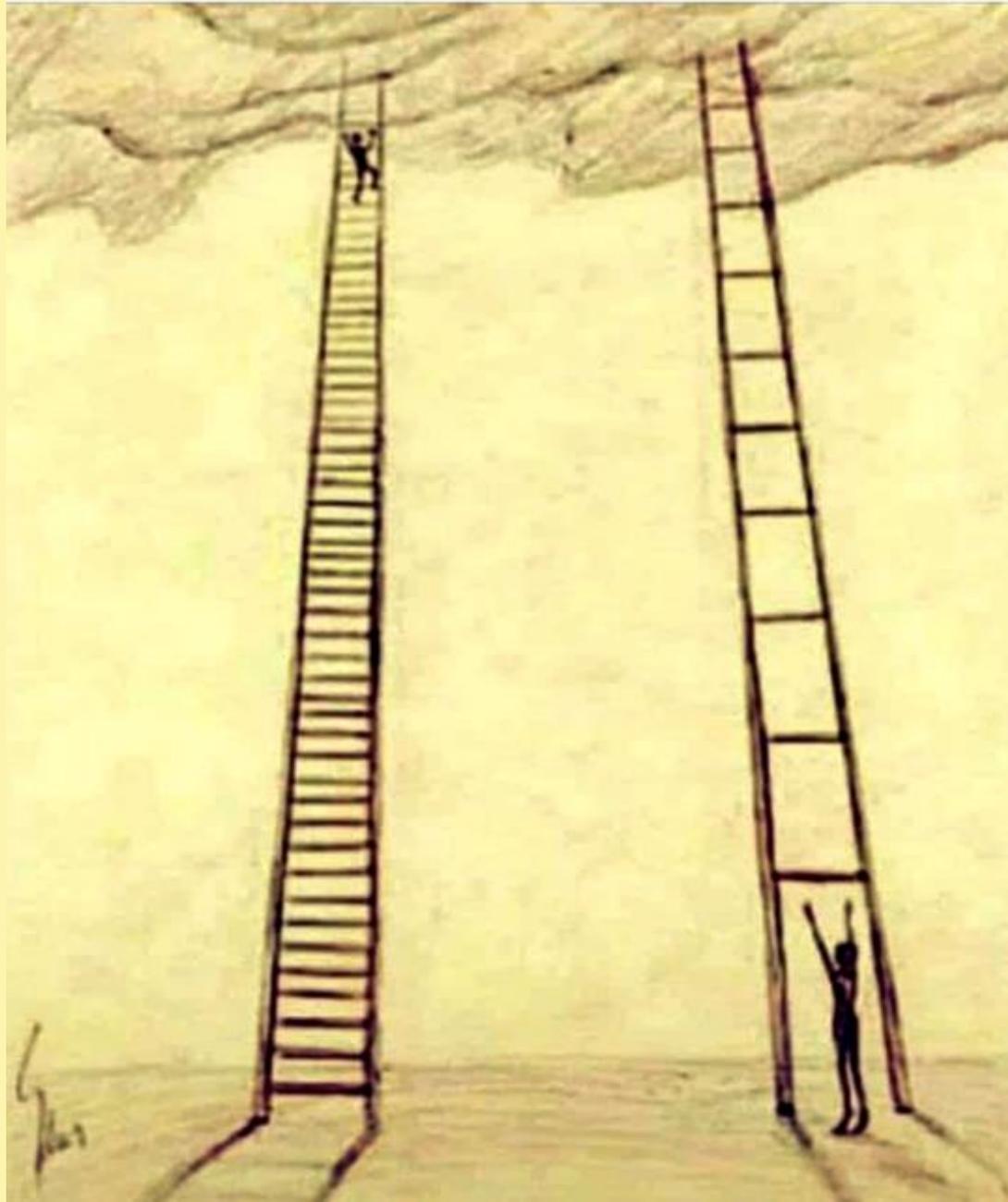


**I SHOULD  
PROBABLY  
KICK SOME ASS  
TODAY.**

# SMART Goals



**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...

**P**ersist  
**U**ntil  
**S**omething  
**H**appens





*“Live for today...*

*BUT plan for tomorrow”*

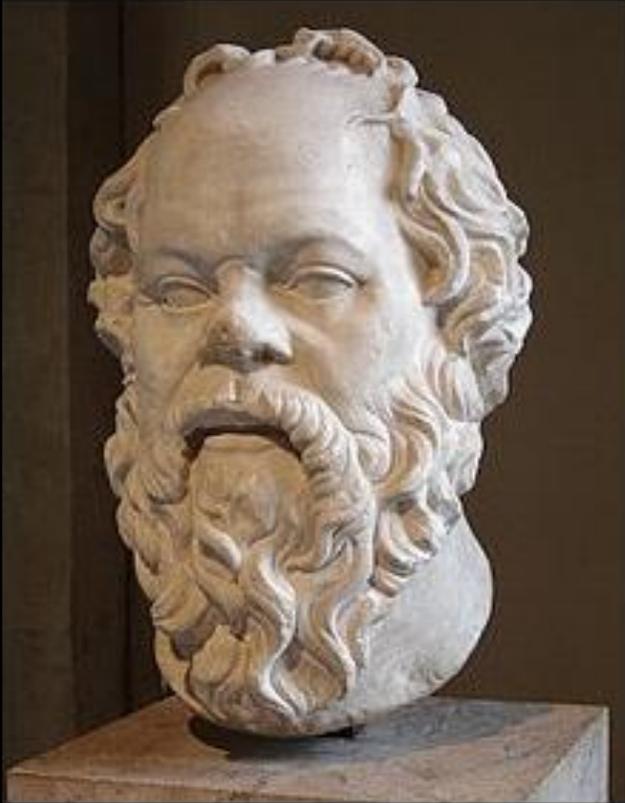
End of Life  
Planning

Leaving a  
Legacy

Getting  
things in  
order

# Journaling





The unexamined life is not worth living.  
(Socrates)

# Huddle Time!



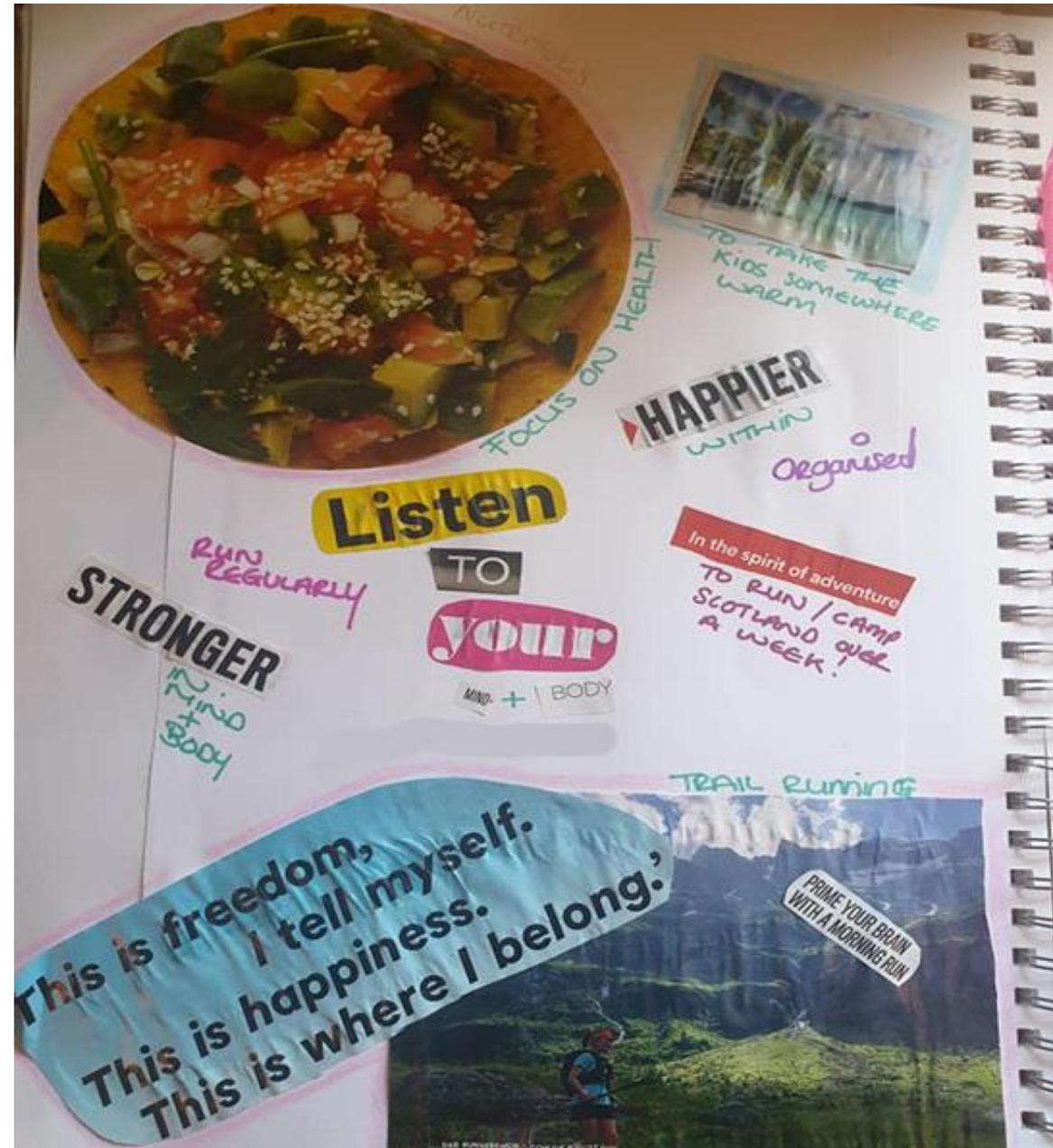
# Plan time to Plan...



# 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!*



F

Encourager

S



# Take Personal Responsibility

**Find a Coach!**



# Risky Transition



# Find Escape Velocity

**25,000 mph!!**

**Break out of the loop!**

# Buddy Group Discussion

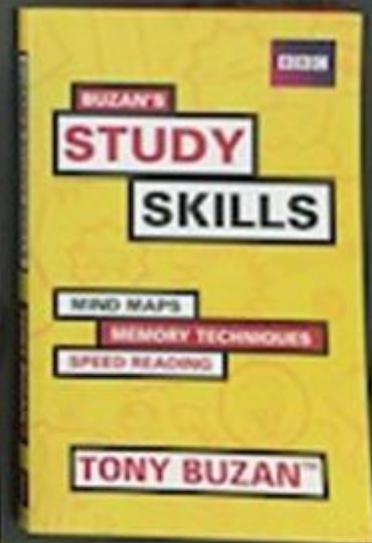
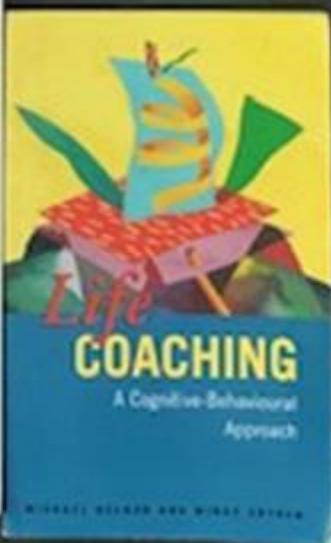
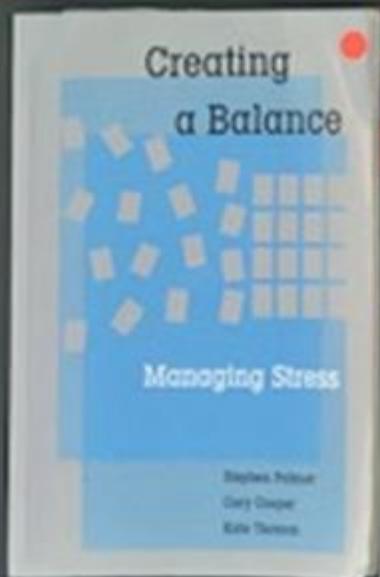
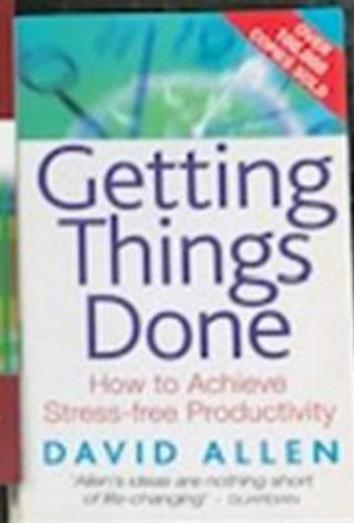
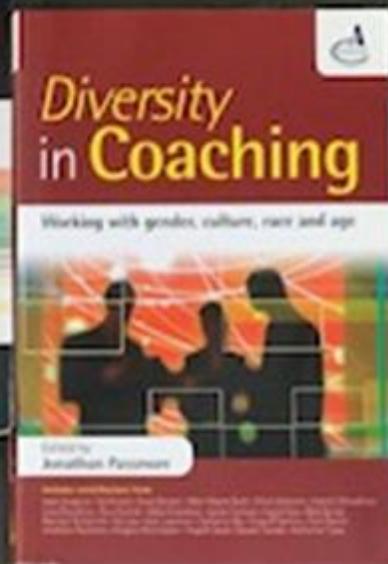
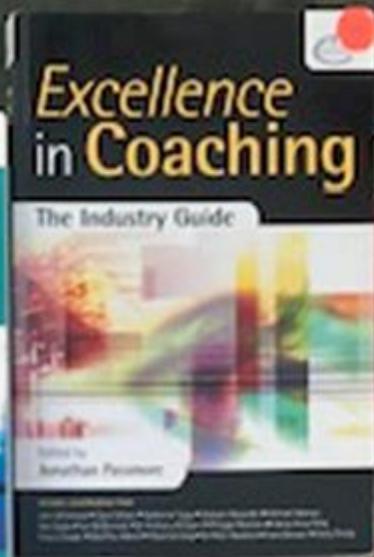
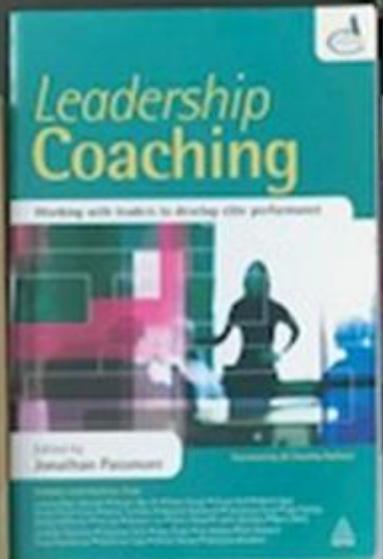
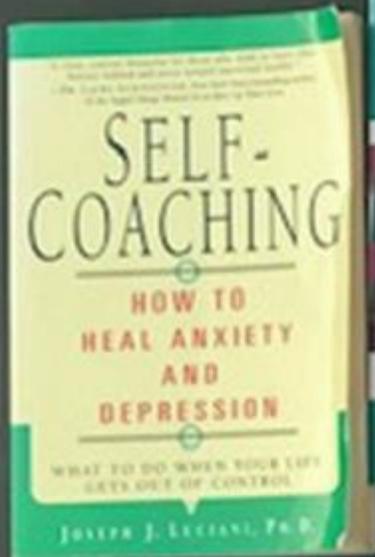
- Final thoughts
- Share details if required.

**10 mins**





**Questions  
Comments  
Discussion**



# Training Opportunities



International Coach Federation

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

<https://www.associationforcoaching.com>



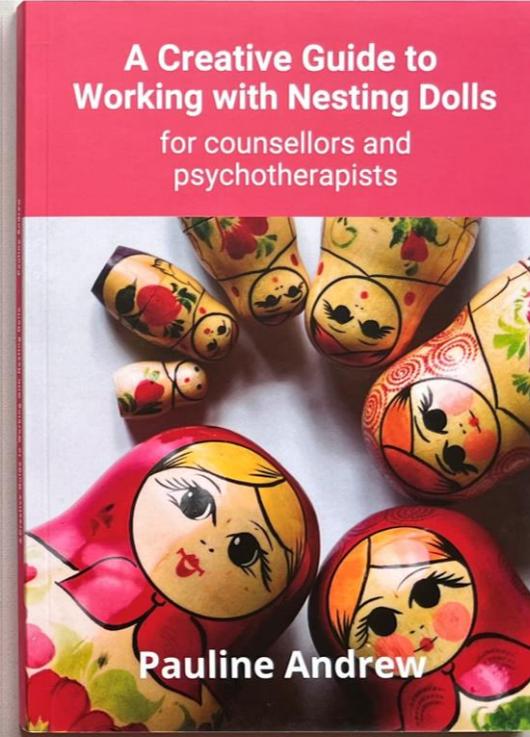
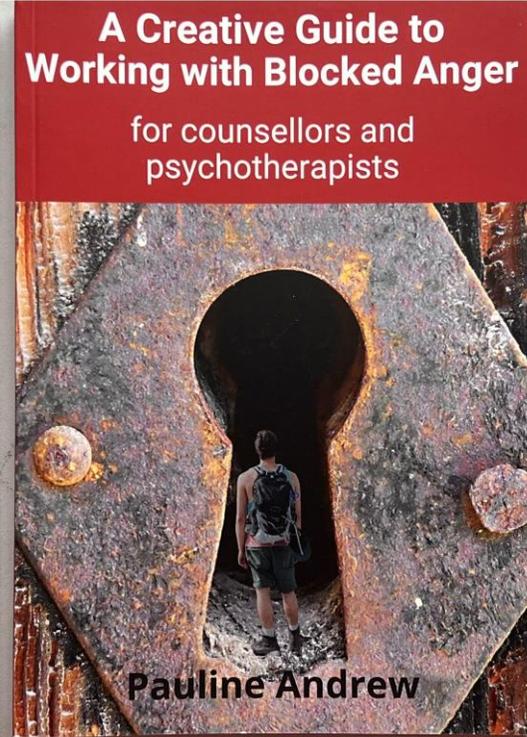
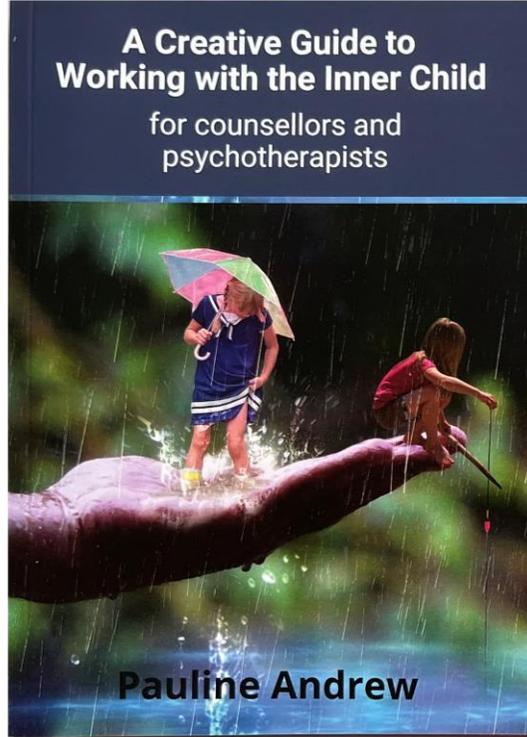
# Resources

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[PACT-RESOURCES.CO.UK](http://PACT-RESOURCES.CO.UK)

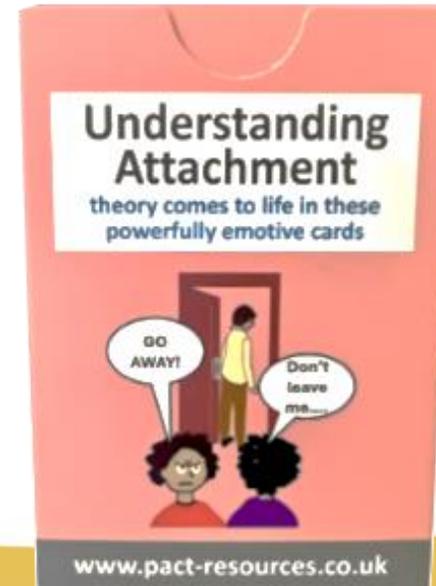
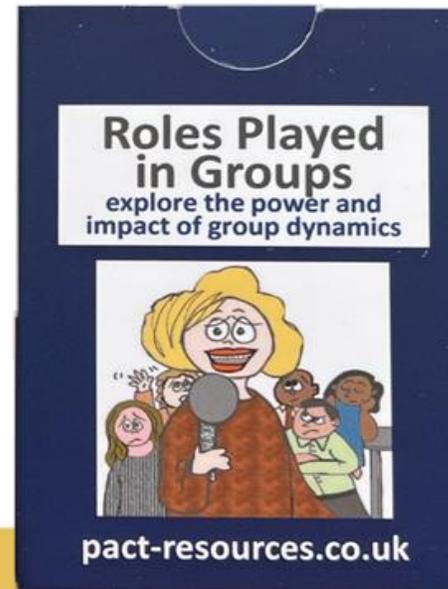
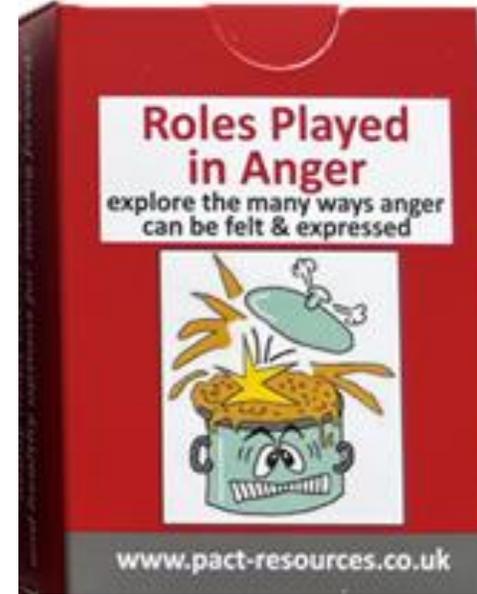
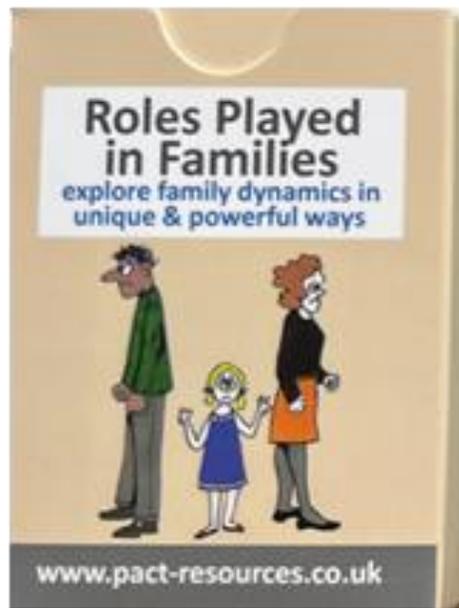
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COUNSELLING RESOURCES

# Books by Pauline Andrew



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Life**



**Erikson's Life  
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**Erikson's for  
Adolescents**



**Roles Played in  
Families**



**Core Needs in  
Families**

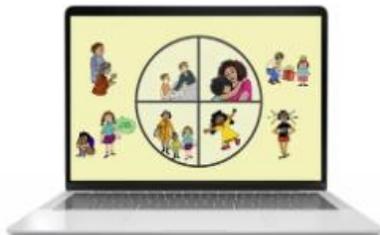


**Roles Played in  
Anger**



**Roles Played in  
Groups**

[pact-resources-online.co.uk](http://pact-resources-online.co.uk)



**The In-Out  
Model**



**Nesting  
Dolls**



**Understanding  
Attachment**

# e-Resources



Erikson's Life Stages  
£3.50



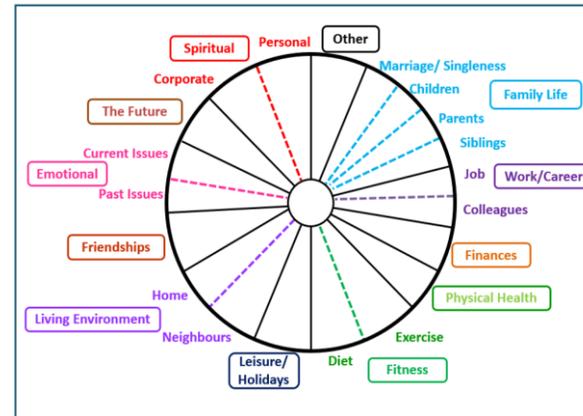
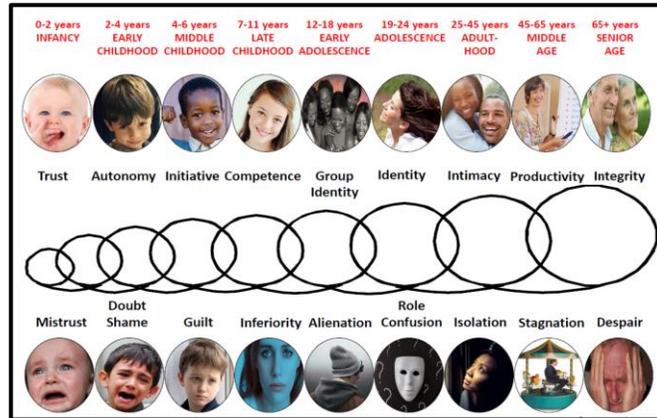
Wheel of Life  
£3.50 – £5.00



Working with Animal Figures Online Pack



Instant download



Use PowerPoint for these e-resources – please also investigate our web apps!



# HARD FEELINGS

empathy cards for counsellors

CARDS TO SHARE DIFFICULT EMOTIONS TOGETHER

[hardfeelingscards.co.uk](http://hardfeelingscards.co.uk)

When the feelings are too hard...

And I can't tell you...



## HARD FEELINGS



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*Thank you*

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