



# CONSEQUENCES OF COACHING FOR CLIENT AND COACH

---

## Positive Benefits

- Survival Mechanism defined and managed
- Strong connection between ones word, commitments and results
- New relationship to possibility and the unknown
- Experience positive and negative emotions fully and fearlessly
- Ability to distinguish powerfully and quickly
- Access to Universal Wisdom
- Trust becomes a gift to be given and received
- Choices are powerful and in line with values and commitments
- Results are on time and on target, reflecting and honoring life
- Communication is straight, clear and responsible
- Discovery and experience of life and self from Essence
- Allowing love and creativity
- Noticing what is so and being with it
- Effortless, flow and peace
- New relationship to chaos, problems, failure and mistakes
- Mature, adult relationship with self and others
- Willing to take risks and be vulnerable
- Deepening of intimacy and closeness in relationships
- Purpose is clear and actions are now
- Integrity is a cornerstone
- Willing to be responsible for self and others
- Accountable and willing to make big promises
- Responsible source of internal and external conversations
- Inventing and maintaining support structures
- Allowing magic and miracles
- Connection to all and everything
- Laughter and play
- Willing to serve and acknowledge the being of others
- Allows process without pushing or pulling
- Greatness and leadership occur
- Get to make a deep and lasting difference with others
- Fearless and effortless
- Able to take action when and because you say so
- Handle lifelong blocks
- Get paid for your Essence
- Listen to yourself and others powerfully
- A designed life
- Inspire others
- Dancing with life
- Include your Survival Mechanism and forgive yourself for being human



## CONSEQUENCES OF COACHING FOR CLIENT AND COACH

---

- Coachable
- Team player, willing to lead or follow
- Well-being is practiced and handled
- Able to be complete when you say so
- Multiple powerful projects
- Environments are supportive and maintained (car, home, office)

### Negative Consequences

- Can no longer hide in suffer, settle, survive, resist, avoid, deny
- Must venture into uncomfortable on purpose
- Victim becomes bankrupt
- No more waiting or running
- Sulking and petulance no longer satisfy you
- Making and keeping promises because you said so
- Seeing your part in keeping yourself wounded and crippled
- Revealing how you use others
- Hope loses its appeal
- Willpower dies an ugly death
- Attacks from Survival Mechanism
- At the effect of feelings you have avoided
- Chaos and messiness
- Mistakes and problems
- Lack of continuity and control
- Unable to figure it out
- Old life loses all appeal
- No hiding in victim in relationships
- No more wallowing for a living
- Hiding out doesn't work
- Lonely and alone no more
- Give up going for perfect
- Give up avoiding people and life
- Complete tasks, projects, and relationships
- Be seen and heard and acknowledged
- Give up protecting us or you
- Let go of self-fulfilling patterns
- Blame and shame
- Protected and safe
- Uncommunicated neediness
- Self-destructive
- Powerless
- Super reactive



## CONSEQUENCES OF COACHING FOR CLIENT AND COACH

---

- Story telling/gossip
- Reasons and excuses as a way of life
- Forcing or manipulating
- Needing rescue/doing helpless
- Overwhelm as your full-time occupation
- Too busy
- Predictable drama
- Addicted to feeling good
- Fake, fraud, phony
- Winner, loser, right, wrong
- Smart rat, I know, let me show you how to do that