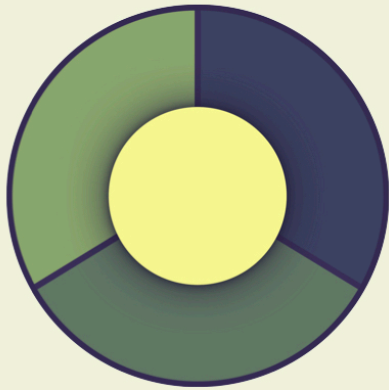


Corporate Sponsored Coach Training

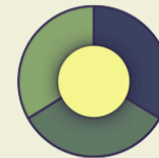


Coaching Habits

Experimenting

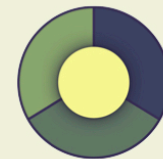
Experimenting Basics

- It is important for a coach to help a client explore how to make attainable adjustments to behavior in order to build momentum.
- A big part of successful experimentation is celebrating success. Overshooting adjustments can hinder behavior change.



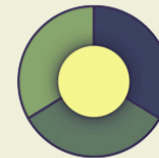
Experimenting: Context of the Cue

- **We can begin coaching around the context/ environment of the cue/trigger**
 - What could you adjust about your environment (work, home, etc.) to help avoid or minimize the trigger?
 - What could you change about where you place your things?
 - What could you change about what you have in your house (or how much is in your house)?
- **Share the value of looking at the context that impact the cue in order to partner around this type of experiment.**



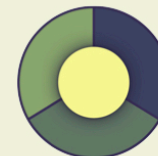
Experimenting: Adapting a Cue

- We could also identify a new trigger or a trigger-routine that is already in place.
- This is related to BJ Fogg's "This will come after..."
 - What is a current action/trigger that you already have in your life to use as the trigger for your new behavior?
 - What part of your day could be a natural reminder to do this new behavior?



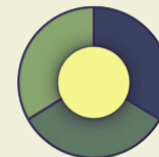
Experimenting: Brainstorming Ideas

- We can begin brainstorming all of the little behaviors that are important to work on in order to identify what is most relevant to work on,
- We could also brainstorm ideas for tiny behaviors that could create a successful momentum.



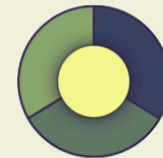
Experimenting: Celebration

- Exploring a celebration process is key to successful behavior change.
- Practicing celebration within a session can be very valuable as part of habit formation.



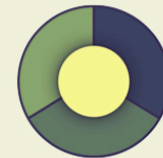
Experimenting: Routine to Rewards

- Help clients explore what the real reward that they want from the behavior.
- Based on this exploration, the coach and client can come up with experiments to test out an alternative routine to achieve a similar reward.
- Remember Charles' cookies!



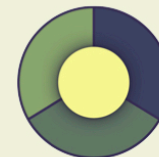
Experimenting: Keystone Habit

- We can explore an initial small step that will help drive a successful set of behaviors or even just a successful start to the day.
- The learning from these keystone habits can lead to overall self-awareness as well as new, more ambitious behavior change goals



Experimenting: Increasing Challenge

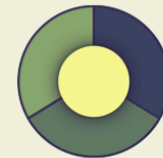
- This is something a coach can use as part of supporting growth after a client has had some success with the habits they have been working on.
- A coach's role is often to help a client continue to grow towards the long-term by challenging a client to consider incremental improvement.

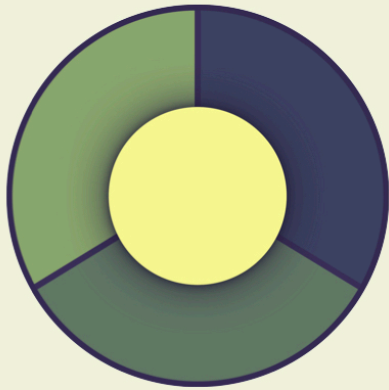


Experimenting: Planning for Obstacles

- **Recognizing and planning for obstacles can be very effective for supporting long-term consistency.**

- What could get in the way?
- What would you say to yourself when this distraction came up?
- What will you do in that moment?
- What do you see yourself doing in the face of the challenge?





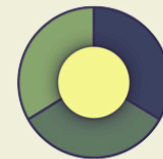
Coaching Habits

Sustaining

Sustaining Habits



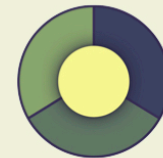
- How do you want to manage accountability going forward?
- How do you want the coaching to support you as you continue to build this habit?
- How often would you like to check in on your progress?
- How much time would we take for these check-ins?
- What accountability options do you have outside of coaching?



Corporate Sponsored Coaching
www.corporatecoach.training

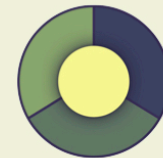
Troubleshooting

- What did you learn previously that can help you get back on track?
- What is getting in the way right now?
- What has changed about the context?

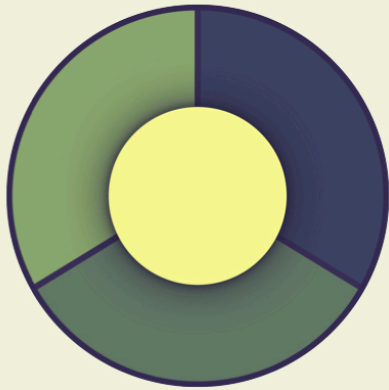


Troubleshooting

- What did you learn previously that can help you get back on track?
- What is getting in the way right now?
- What has changed about the context?
- **The coach and client may move back into the Learn-Study-Map-Experiment process to gain new awareness and redesign the habit going forward.**



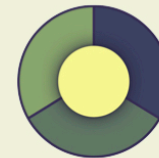
Corporate Sponsored Coaching
www.corporatecoach.training



Coaching Habits

Ethical Concerns

Just don't coach around addictions and habits that belong in therapy?



Corporate Sponsored Coaching
www.corporatecoach.training

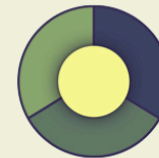
**It can be hard to recognize
addiction at first.**



Corporate Sponsored Coaching
www.corporatecoach.training

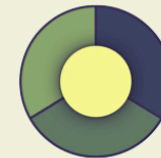
Recognizing an Addiction

- When working on an actual addiction, they experience a heavy negative reaction when attempting any adjustments to their habit.



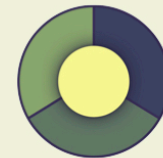
Recognizing an Addiction

- When working on an actual addiction, they experience a heavy negative reaction when attempting any adjustments to their habit.
- There is a consistent lack follow through.



Recognizing an Addiction

- When working on an actual addiction, they experience a heavy negative reaction when attempting any adjustments to their habit.
- There is a consistent lack follow through.
- When an addiction comes up, it is a good thing to have come up if the client has been experiencing it. This allows for a coach to step back from the role of a coach, and make a referral to the proper professional.



Recognizing an Addiction

- When working on an actual addiction, they experience a heavy negative reaction when attempting any adjustments to their habit.
- There is a consistent lack follow through.
- When an addiction comes up, it is a good thing to have come up if the client has been experiencing it. This allows for a coach to step back from the role of a coach, and make a referral to the proper professional.
- In ambiguous situations, make sure to surface the possibility of addiction and help a client look into the possibility.

