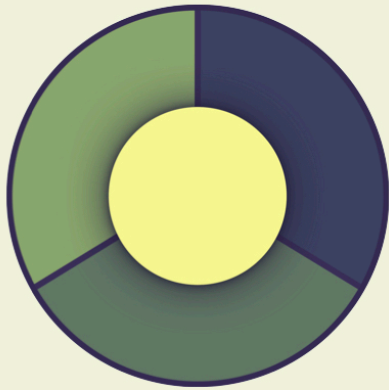


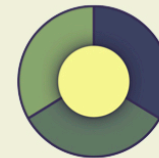
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Habit Frameworks Overview

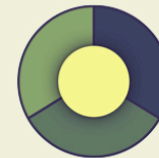
Foundation for Coaching Habits

- Coaches need to balance evidence-based approaches while maintaining a coaching approach.



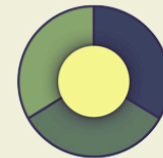
Foundation for Coaching Habits

- Coaches need to balance evidence-based approaches while maintaining a coaching approach.
- The coach or therapist does not change behavior. The client does.
- We will focus on the client being the expert.



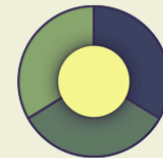
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- 1. Learn:** A good coaching framework will start with a session or sessions focused on learning about the current habits.



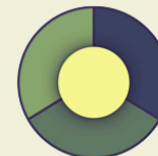
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- 2. Study:** Tracking is also a big part of developing behavior change because of the value of gaining awareness of habits.



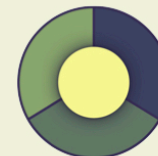
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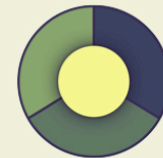
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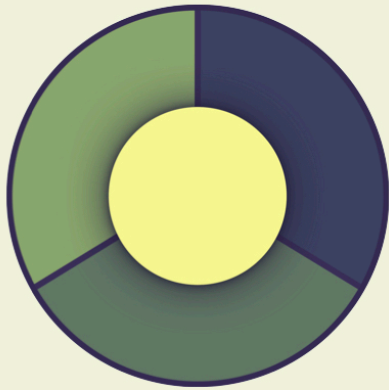
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- 3. Map:** Visuals can be a great way to map out a behavior cycle and facilitating experiments.
- 4. Experiment:** The coach and client co-create behavior adjustments to test out.
- 5. Sustain:** There is often continued check-ins on how the change is sticking with the client.



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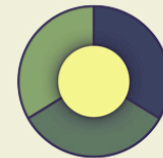


Habit Frameworks

Learn, Study, Map

Learning

- This is **Creating Awareness** applied to the current and ideal behaviors.



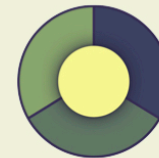
Learning

- This is **Creating Awareness** applied to the current and ideal behaviors.
- A coach should partner with the client to thoroughly explore the habit the client wants to be working on.
- A coach should highlight the value of **Learning-Studying-Mapping** in order to prepare for experimenting.



Learning: Questions

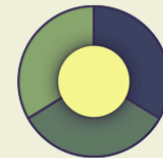
- How would you summarize the core behavior you would like to change?
- What are the smaller behaviors that are a part of the bigger habit?
- What happens before?...after?
- What makes this so important to change?



Learning: Questions

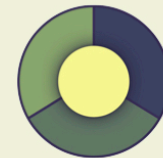


- How would you summarize the core behavior you would like to change?
- What are the smaller behaviors that are a part of the bigger habit?
- What happens before?...after?
- What makes this so important to change?
- What are you learning about your patterns?
- What do you believe might make the biggest impact in helping you change your behavior?



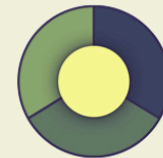
Studying

- Relying on the client to study their habits demonstrates trust and partnership



Studying

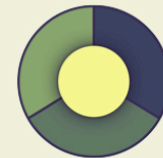
- Relying on the client to study their habits demonstrates trust and partnership
- Partner with a client to help create a practice of regularly taking note of their behavior patterns:
 - What are some of the little behaviors?
 - What is the core behavior?
 - What is the trigger?...routine?...reward?



Studying



- Relying on the client to study their habits demonstrates trust and partnership
- Partner with a client to help create a practice of regularly taking note of their behavior patterns:
 - What are some of the little behaviors?
 - What is the core behavior?
 - What is the trigger?...routine?...reward?
- The coach should highlight the long-term value of tracking as part of stimulating change.



Mapping

- Mapping is focused on visually mapping out the habit process.
- Mapping can be as simple as writing out the Trigger-Routine-Reward.
- Coaches need to be willing to co-design the framework that the client will use to understand their behavior and own their experiments.

