

Becoming an Evocative Coach Practice Guide
Chapter 2: Activity 7

Activity 2.7 Coaching Energies: With a partner explore the final aspect of coaching presence, holding the coaching space. Ask your partner, "What is one thing in the realm of self-care that you have been long for, but putting off?" After careful listening the coach intentionally conveys of the three energies in a response.

*Which energy did
you select? Share
any insights that
sparked new
possibilities?*

*Reflect and journal on
what was learned.*