

Coaching & State

The Single Most Important Element To Control As A Coach

Your State

Your Client's State

The 90 Second Rule

The Emotion Lasts Just 90 Seconds

What do you do to continue it?

Are We Stopping It Or Throwing Gas on the Fire?

How Long Are You Going To Sit In Something

Be Aware of Your Mindset and Thoughts

Memories Take Us Places

Grandma's Cookies

Memories Are Always Running

Think of a Car

The Red Shirts

Cross Filing

When memories trigger other memories

Cross filing happens when you aren't aware

Becoming aware of what's going on!

Your State While Coaching

You must be aware of state before starting to coach

Check your mood at the gate

We will learn about setting, controlling, and changing state next week