The Keto Coach

- Tips:
  - **The Secret To All Coaching**
    - A Lesson Learned From Dave Dobson
    - Coaching is NOT About Getting Clients to be compliant
    - Coaching is about getting clients involved and motivated to reach their own goals
  - **Patterns**
    - Wrestling Story
    - Everything Behavior We Do Is Patterned
    - The Inner Game of Tennis
      - What's Going On Inside is Most Impor-
    - The Health Profes-sion Today
      - Transistors
      - Let's fix what's broken
      - Let's make sure it doesn't break
  - **Coaching Is Not Therapy**
    - Recognizing When Coaching isn't Appropriate
      - open hospitality and bulllying
      - excessive anger
      - Reckless and danger-ous behavior
      - irrational and obsessive actions
      - prolonged grief
      - paranoia
      - chronic anxiety
      - any talk of suicide
      - talks about harming others
      - harmful substance abuse
      - eating disorders - anorexia or bulimia
    - Therapists Focus on the Past
    - Coaches Focus on the Present and Future
    - Therapists Focus on Why
    - Coaches Focus on How
    - The Simple Coach Focuses on the Words
    - The Great Coach Focuses on the Meaning Behind the words
  - **What You Will Do**
    - Focus on the Client's Needs
    - Build and Maintain Rapport
    - Invite the Client's Input
    - Encourage higher states of learning and awareness
    - Identify and help the client change patterns
    - Reframe and clarify client statements