

## Session 13

Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

Time Started: \_\_\_\_\_

Time Finished: \_\_\_\_\_

Invoice Rendered: \_\_\_\_\_

Payment Received: \_\_\_\_\_

Receipt Given: \_\_\_\_\_

### Session Contents:

- What's on your mind?
- How are you doing with your Goal?
- Learnt and Achieved.
- Momentum.
- Acknowledgement.
- Celebration!
- What have you learnt?

***“The more you praise and celebrate your life, the more there is in life to celebrate.”***

*- Oprah Winfrey*

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## Check-In

Have your Action Steps been completed from the previous session?

Have you been reading your Purpose each day? Could you make it even better?

Did you complete the exercise 'Linking things to my Life's Purpose'?

What do you want to achieve in this session?

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How do you want to feel afterwards?

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Is there anything specific you would like to talk about today?

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## Goal Developments

What breakthroughs did you have this past week?

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Did anything prevent you from doing or completing your action steps?

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What, if any, underlying fear might you be experiencing?

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In what other situations do you let this fear run your life?

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## Milestones

Where do you feel you are in relation to your milestones? Scoring 10 means you are on track. Scoring 1 means you are not even close.

1

10

***“To achieve great things, we must live as though we are going to die.”***

*- Luc de Clapiers de Vauvenargues*

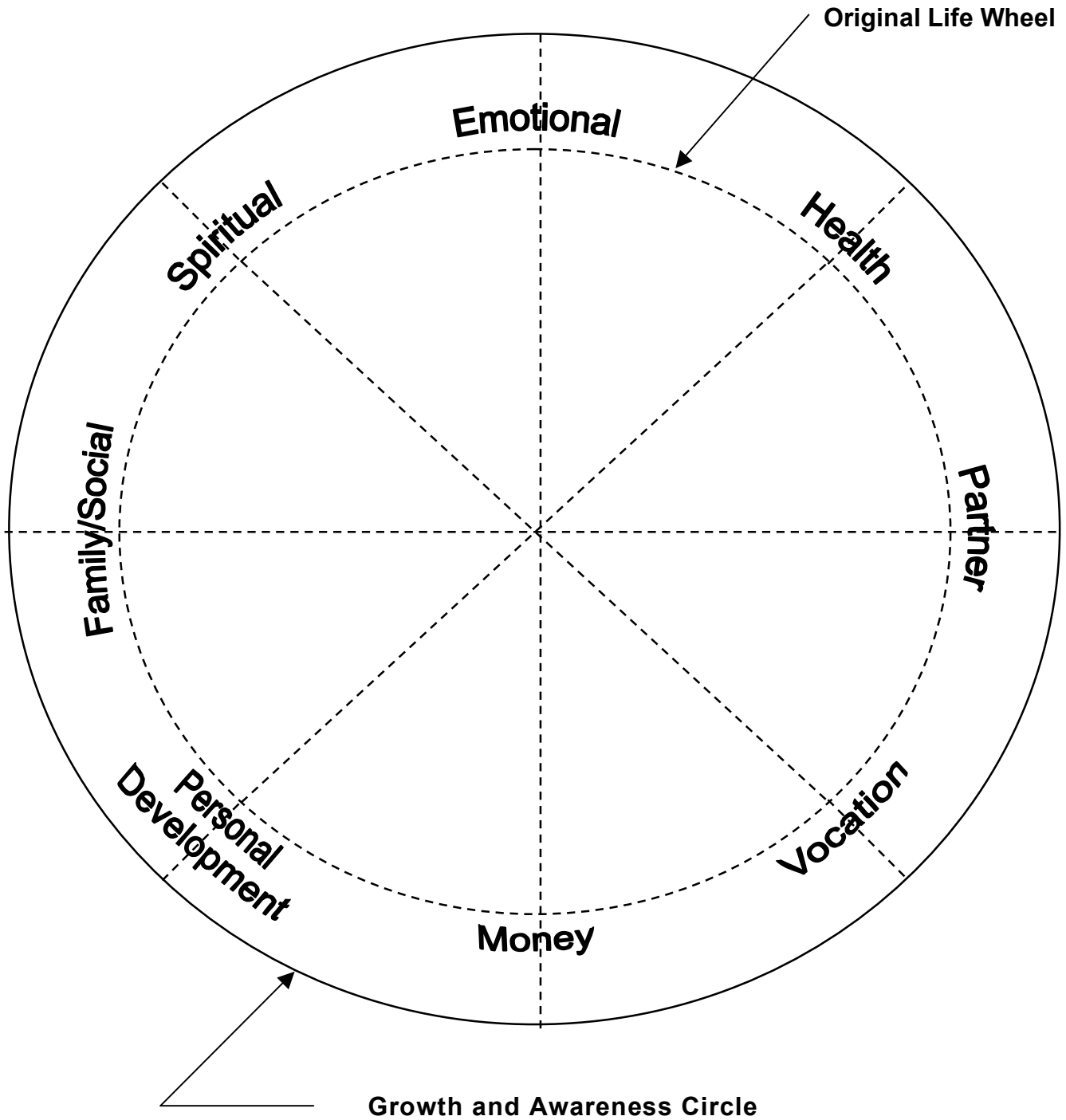
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## New Life Wheel



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## Three areas of my life I choose to improve

**Life Area 1:** .....

Currently 1 – 10

Goal 1 – 10

What victories have I had in this area? \_\_\_\_\_

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How do I feel about this? \_\_\_\_\_

What does this mean to me? \_\_\_\_\_

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**Life Area 2:** .....

Currently 1 – 10

Goal 1 – 10

What victories have I had in this area? \_\_\_\_\_

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How do I feel about this? \_\_\_\_\_

What does this mean to me? \_\_\_\_\_

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**Life Area 3:** .....

Currently 1 – 10

Goal 1 – 10

What victories have I had in this area? \_\_\_\_\_

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How do I feel about this? \_\_\_\_\_

What does this mean to me? \_\_\_\_\_

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## Goal – your performance

In relation to achieving your goal, how do you think you performed?

1           10

How would you rate the growth and awareness you have experienced in your chosen life area over the duration of this programme?

1           10



## Achievements

With reference to your original expectations, how successful do you think the coaching programme was, overall?

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What personal breakthroughs and achievements are you most proud of?  
(Refer to 'What have I learnt today?' pages)

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## Client's Feedback to the Coach

Please take this opportunity to rate my coaching from 1 – 10 where 1 is 'awful' and 10 is 'awesome!'

<b>My ability to listen to you and build rapport:</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My ability to encourage performance but still be empowering</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My ability to ask questions without being intimidating</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My ability to make being coached fun</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My creativity as a coach:</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My ability to explain concepts and offer examples</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My ability to motivate and inspire you</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>
<b>My overall coach rating</b>	<b>1</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<b>10</b>

**Speaking generally**, is there anything you particularly liked about the way I coached or about the New Insights coaching programme? Is there anything I could do better or more effectively?

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## Thank you for your support!

If you have found value in having me as your coach, I would like you to share your thoughts with others. Having experienced the first level of the New Insights Coaching Programme, you will no doubt understand the power that life coaching has to change peoples' lives. I would appreciate it if you would take the time to outline what you feel you have learnt - and the benefits that you have gained - by having me as your coach on your journey to become all that you can be. Please be specific.

What difference has coaching made in your life? \_\_\_\_\_

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What can you do now that you couldn't before coaching? \_\_\_\_\_

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What has changed in your life? \_\_\_\_\_

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What new skills has coaching provided you with? \_\_\_\_\_

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What specific results have you enjoyed during the coaching programme? \_\_\_\_\_

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What would you say to someone thinking of hiring a coach? \_\_\_\_\_

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Please sum up your experience of coaching in a few words of your own. \_\_\_\_\_

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Anything else? \_\_\_\_\_

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## A Reading

I'm now going to read you a very special piece.

Just like with poetry, the type of language is likely to appeal more to the right hemisphere of your brain. Don't worry if some of the words make little sense to you. Please just allow them to wash over you as I read.

Before I go ahead, take a little time to get comfortable and ensure you have a moment to yourself to relax. As with poetry, you need to absorb the words, rather than analyse them. So I'll read slowly and deliberately, while you take time to explore the concepts.

Please close your eyes.

So, as I am reading this slowly and deliberately, like one would to a child, just notice the way your feet feel. Are they relaxed or comfortable, cool or warm?

And allow yourself to become aware that there are particular sensations in your fingers that you hadn't noticed until now...

And do you remember the last time you were able to relax very deeply?  
Perhaps it was while on vacation or when going to sleep at night, in that twilight area between being awake and asleep?

And there's a part of you, separate from the part of you that worries, that can do all the things the other part wants to do, very comfortably and easily.

And it's that part that has faith in you, that trusts your abilities, that's going to take you forward to bigger and better things...

Of course, I don't know when the first time will be that the thinking part of you will be surprised by the confident abilities of the other part...

But just like the arrival of Spring, before the first green shoots appear, things are happening beneath the surface even though it may not be obvious...

And perhaps right now, you can't imagine just how you will feel good, or be really interested in situations that used to be less than comfortable for you...

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But you know that the eagle is confident that it can fly and glide without knowing that it's confident...

And the idea of that effortless ease, gliding smoothly and freely, can give you all the knowledge you need to feel confident when you need to know.

And there's a part of your mind that has been absorbing the ideas of the last twelve sessions and it can take the time now to put those ideas together and tie them in with a business, perhaps a suit and a career... while you rest assured that those green shoots are moving upwards to bring forth new growth and fulfilment of your potential as a self-accepting, confident person *committed to allowing new insights into your life.*

Allow your mind to drift back in time a little. You can begin to remember the feelings of change that started in the person you needed to become to really understand and appreciate your first coaching session. Think back now. Think about:

- the way you look...
- how others relate to you...
- the things they say...
- their attitude to risk...
- all those qualities that you can integrate and absorb as your own... whenever you **feel you wish to do that.**

And take a little time to really get into that now. The longer you spend now, the more amazed you will be as your confidence increases over the days and weeks to come...

Not so long ago, a miracle happened in your imagination, when you woke in the morning feeling as perfectly confident as you could wish, enjoying the prospect of a day, a week, a month, a year, a life full of confidence and high self esteem...

That feeling of being able to approach things with a carefree attitude, exploring with the curiosity of a child, smiling confidently in the face of adversity, knowing that whatever happens, you'll be okay.

And with that can come the trust in your own abilities that allows one to be comfortable in new situations and to see new opportunities in old ones...

And as your mind makes sense of these words, you might like to take time to allow yourself a little well-deserved rest and remember who you have become to reach your goals... now...

And as soon as you are ready, open your eyes.

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## What have I learnt today?

If we learn from a situation then we can never fail

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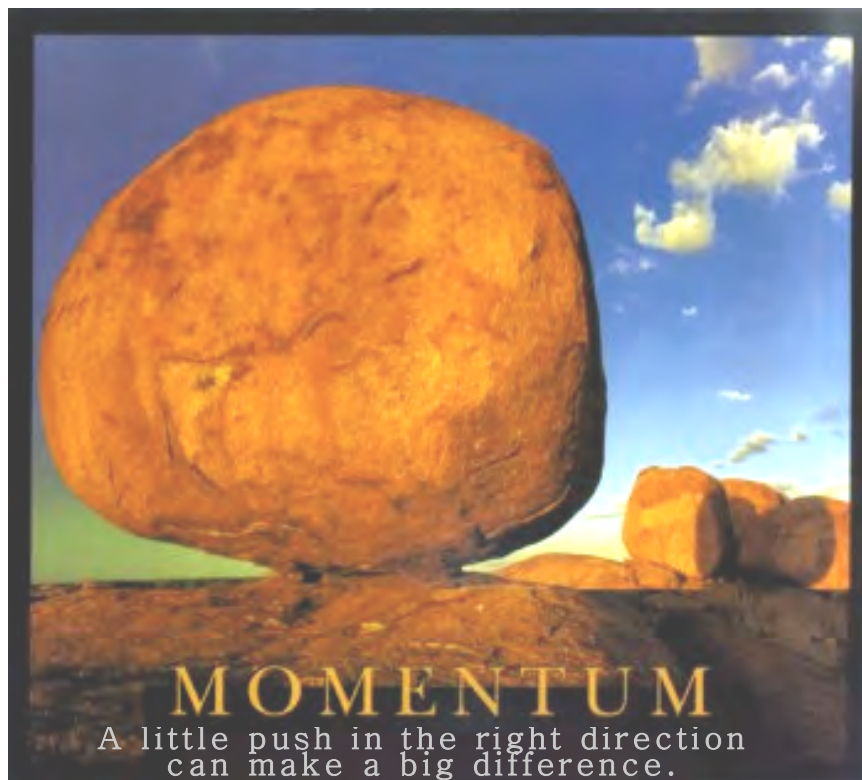
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## Coach's Page

What did your client learn? \_\_\_\_\_

What went well? \_\_\_\_\_

What could you do better next time? \_\_\_\_\_

What did you learn about your client? \_\_\_\_\_

How can you use that to help him/her? \_\_\_\_\_

What did you learn about you? \_\_\_\_\_

What does your client need to help him/her grow? \_\_\_\_\_

***“Inspiration, creative power, and energy flow into you when you attune yourself with the infinite.”***

- Yogananda

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