

Reflecting On The Session

Working with clients may not always flow in a smooth, linear progression. As a Health Coach, your role is to help guide your client towards growth and change at their own pace.

Our recent graduate, Joan Young, A-CFHC, shares her reflections on her experience dealing with clients that seem to hit a wall during a session:

“I’ve been reflecting lately on how much of myself and my life experiences, biases, and even strengths impact my coaching. I’ve brainstormed some questions to raise my own awareness of my coaching practice, especially if I feel stuck or notice my own agenda creeping in.”

The following questions are organized into two categories: questions we can ask ourselves (*to use anytime: before, during, or after client sessions*) and questions we can ask our clients to help them move forward.

Each question is tagged with the related **NBHC practical skill competency**.

Questions for the Coach (self):

- Do you continue to view this client as a whole (resourceful and wise)?
 - If not, what might be holding you back? Who can help you grow in this area? (A, J, Q)
 - How can you put aside your judgement (*personal values*) in order to best serve your client? (A, B, C)
- When your client hits a roadblock, how does that make you feel about your abilities as a coach? (D)
- What are some powerful questions you could ask your client in order to gain more insight into the issue? (*are you relying too much on your knowledge/personal experience with the issue?*) (D)
- Is there a way to create a metaphor to illustrate what your client is saying that may help pinpoint the source of the issue? (*greater awareness*) (M)
- Do you have any needs that might get in the way of your client’s progress? (A, B, C)
- How do you feel about presenting challenges to your client? What might hold you back from taking opportunities to challenge them? (K, L)
- How do you respond to a client that is in emotional distress? How do you convey that you are open and willing to provide the space for your client to work through their



emotions? How do you notice and track emotions and use reflection to facilitate awareness? (B)

- What might help you gain more confidence in this situation? (H)
- How will you know that your client is making progress? (G, H)
- How can you honor the pace and depth at which your client is working? (G, H)
- How do you feel about keeping your client accountable? How do you honor your client's preferences towards accountability? (O)
- How might your client's strengths be helpful/amplified in this situation? (Q)

Questions for the Client:

- What similar experiences have you gone through/learned from in the past that you can apply to this situation? (H, P)
- What is most important for you right now? (*If the client can't decide on a focus*) (E, F)
- What strength(s) might you employ to help you? (Q)
- What would a loved one say or think about this situation? (M)
- When was this *not* a problem? (G)
- Where is the best place to put your focus right now? (*Long-term vision/goals*) (F)
- What type(s) of change(s) would you need to make in order to notice a difference? (H)
- How do you define success in this area of focus? (M, P)
- What parts of you/your personality might be in opposition in this situation? (P)
 - How can these aspects of yourself (*personality*) work in support of your goal(s)?