

PEYSHA LIFE COACH TRAINING

With Mark and Magali Peysha

What Makes Coaching Unique

For most of human history, people who were professionally trained to assist and support people in their choices were also also representatives of an Institutional Agenda

Religious advisers – represent a religious agenda

Psychologists – represent the psychological agenda

Sports coach – represents the sport & the team

Business manager – represents the company

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The only agenda a coach has:

Clarifying & supporting
the client's agenda
in a customized way.

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The Inventor of the Coaching Paradigm

Dr. Milton H. Erickson discovered that the way to help a client is to orient the conversation to their authentic personal truth.

This connection is the first step in all authentic change.

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Teacher
Online Marketer
Seminar Leader
Coach
Celebrity
Producer

Author
Motivator
Interviewer
Blogger
Sports/fitness

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We will help you translate
What you are observing
Into coaching strategies
That you can emulate



Types of Coaching Models

Sports Coach

Teacher Coach

Motivator Coach


Fixer Coach

Endless Niche Coaches



Peysha Strategic Intervention Coaching Model emphasizes

- Relationship between client and coach
- Long term or short term ways to coach
- Strength and elevation based
- Believes in client's wisdom and responsibility
- Inclusive to all relationships, roles, and beliefs
- Integrates with different models of help

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How is a Coaching Practice different from stage coaching and motivational frame?

Relationship with client

Responsibility is with client

Long lasting supportive view of growth

Growth verses Change

Leadership shared with client

Problem based vs. Evolution based



Understanding: Client's life, roles, strengths, values, likes, what they want more of in all areas of life

Curiosity: Attitude of coach that is shared with client. Together we discover aspects of client in a uplifted and interested style.

Focus: Getting into the details of what is needed (skills, relationships, communication, emotional strengthening...)
Keeping client on track in session and between sessions through directive actions.

Glimpse Exercises: Used in coaching and between sessions to have a brief experience of ultimate goal (emotions, strengths....)
Practice daily creates lasting results through small experiences.

Expansion: Helping clients to see more possibility in life, relationships, personal actions.

Planning: Involves making decisions, commitments, and structuring small actions in a sequence for greatest growth.

Actions: Directives are hw assignments which either client or client and coach create and commit to doing. These can be done in session instead of outside session. Actions can happen spontaneously due to greater clarity, strength, and inner wisdom which client has realized.

Integration: A process of client owning their evolving realizations, ability to take action, drive to create more in life, strengths, perspectives, emotions, and self/world knowledge.

Five Mega Strategies

Elevation

Metaphor

Expanding Unit

Finding The Spark

