

Coaching basics Part 2

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**6. Making the directive more non-directive
by asking for stories from the client**

1 kings 19:9,10 And the word of the Lord came to him: "What are you doing here, Elijah?" He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

So how would this work?

You take a class in an area of study that you would like to coach others in

You then describe a concept your are trying to teach and ask the client to think of an incedent from their life that relates to the concept.

Parenting – Giving kids the “will try attitude”

Ask your client: Can you think of a time your parents did something or said something that helped you get the “I will try” attitude?

Parenting – Giving kids the “will try attitude”

Or can you think of a time your parents did something or said something that discouraged you from getting the “I will try” attitude?

How to use the client's personal stories to coach a client in the concepts at hand

1. Listen to the story
2. *Ask client what struck them about the story*
3. *Ask client what their story is teaching them about the concept at hand*
4. *Discuss the concept*

The advantage of using the clients own stories

1. The client is more intimately connected to their own stories.
2. The client could possibly get more motivated because of their own stories.
3. The issues that might get in the way of the client really embracing the concept being taught become front and center.