



THE COACH APPROACH
 THE COACH APPROACH OVER THE HOLIDAYS
 REFILL YOUR "BUCKET"
 FOR YOUR GROWTH IN LEADERSHIP

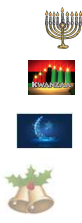
Webinar Hosted by Sherry Peters, Doris Arena, and Lisa Snitzer

1

Happy Holidays

2

PRESENCE PRACTICE

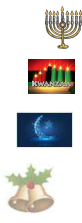


2

Welcome

3

- ❑ How have you used The Coach Approach skills in these challenging and uncertain times?
- ❑ What have you learned? What are you challenged by?



3

Learning Objectives



- Learn more about your energy and your "bucket".
- Discuss how refilling your bucket can create change for you and your system(s).
- Discover what drains and fills our "Energy Bucket"
- Identify in pairs, opportunities you have for self-care and reducing stress.
- Reframe and rethink what is draining us to contemplate if this is also what may fill our energy.



4

Coach Approach Skills



Presence and Centering
Listening
Clarifying
Asking Good Questions
Feedback
Creating Accountability
Modeling Behavior



5

Mindfulness

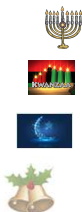


6

Holiday Coach Approach *Happy Holidays*


Stay present by:





- Spending one on one time with the people most important to you
- Pay full attention to each person who is speaking – use the reflection strategy
- Just be where you are – try to not live in the past or the future but to fully inhabit the present moment

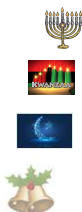


7

What does the bucket mean? *Happy Holidays*




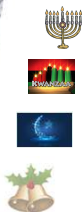
-  The Bucket is you as a person
-  The liquid is your energy
-  What fills your bucket
-  What drains your bucket




8





Bucket Activity *Happy Holidays*

- Draw a picture of a bucket...
- Imagine your energy right now
- Draw a line with how “full” your energy bucket is at the moment









9

Draining the Bucket 


- Put a hole in your bucket (just a circle) at the bottom 
- What drains your energy 
- Either draw or write all of the things that drain your energy (like worry, fear, uncertainty, aging parents, etc). 


10

Refilling the Bucket 

- Draw some lines of energy pouring into the bucket 
- What fills your bucket? What helps you with self care? 
- Write all of those things (exercise, sleep, healthy eating, conversations with friends, etc/) 






11

Practice in Pairs 

Decide who will take what role first. **After 7 minutes, switch.**

- Person sharing first is Partner A
- Listening Partner is the Coach - Partner B

Make sure you are each present for each other.
(Slow down and Breathe for a moment)

12

Instructions

Happy Holidays

Partner A begins sharing what they notice about their bucket.





- o Do you observe any patterns?
- o Notice the level of control you have over the things that bring you energy and the things that deplete your energy. What is the balance of things in your control and out of your control?

o Looking at the energy draining out, what one thing is rising to the top for you? What one thing are you willing to commit to in order to decrease the energy drain? Map out a short plan and timeline

- o What will support you in being accountable for your commitment?

o Looking at the energy flowing in, what one thing is rising to the top for you? What one thing are you willing to commit to in order to increase the energy coming in? Map out a short plan and timeline

- o What will support you in being accountable for your commitment?










13

Kudos for Coaches

Happy Holidays

Remember to speak directly to your partner!

14



Closing Discussion: How will you stay present over the holidays?

15