

# FRAN FISHER

MASTER CERTIFIED COACH

COACHING & CONSULTING



Uncover Your Essence

Create Your Vision

Unleash Your Possibilities

**Welcome**

**Essence of Mastery: *What IS it?***  
***Creating Sacred Space for Your Client***

Fran Fisher, MCC

Summit

May 5, 2017

# What is Coaching?

**Coaching is the sacred space of unconditional Love, where Learning, Growth, and Transformation naturally occur.**

**Fran Fisher, MCC**

# What is Sacred Space?

## Sacred Space

- Honoring
- Caring
- Safe environment
- Clear of distractions



# What is Transformation?

**Transformation:  
a shift of perspective from  
disempowering to empowering**

*ie.: A shift from victim  
to self-empowerment*

# Transformational Coaching

Transformational coaching requires us to CLEAR THE SPACE OF DISTRACTIONS - **providing sacred space for our clients to show up for themselves:**

So they hear what they are thinking, feel what they are feeling, and gain access to their own wisdom and greatness!

# What are Ways to Create Sacred Space?

## Five ways to Create Sacred Space for Your Client:

- Avoid Verbal Noises
- Manage your Assumptions
- Be Comfortable with Silence
- Allow Spaciousness
- Invite the Client to Lead



# #1 Avoid Verbal Noises

## **Avoid Verbal Noises –**

Punctuate; intervene on the flow; draw attention away from the client – to the coach:

- Un Hmm, Uh huh, Mm-hmmm, yeah, OK
- Evaluative remarks:

Perfect, excellent, I LOVE that!





## #2 Manage your Assumptions

**Leading with Assumptions may miss opportunities to explore the client's:-**

- Language
- Emotion
- Behaviors
- Beliefs
- Strengths
- Qualities of BEING
- Values
- Energy shifts

## #2 Manage your Assumptions (cont'd)

- **How can you be self-aware?**
- **How can you self-manage?**

## #3 Be Comfortable with Silence



- **Types of silence –**
  - (a) Out of context/awkward
  - (b) Generative space; fully contributes to client's process
- **Level of comfort with silence?**
  - PCC Marker** Active Listening 5.7 Coach is quiet and gives client time to think

## #4 Allow Spaciousness

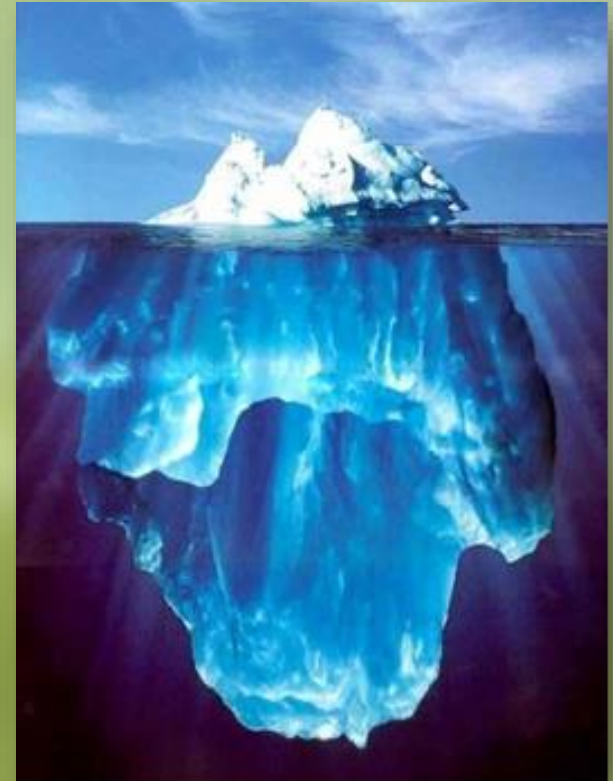
- “White space”
- Not rushing in
- Listening with spaciousness
- Being with the client



**PCC Marker Direct Communication 7.6** Coach allows the client to complete speaking without interrupting unless there is a stated coaching purpose to do so.

# #5 Invite the Client to Lead

- Partnering
- Collaborative versus directive



# Partnership PCC Markers

- **Establishing the Coach Agreement** 2.4 Helps the client define what the client believes they need to address
- **Presence** 4.5 Coach partners - supporting the client to choose what happens in the session
- **Presence** 4.8 Coach partners - encouraging the client to formulate his/her own learning.
- **Powerful Questions** 6.7 Coach's questions are not leading, i.e., do not contain a conclusion or direction
- **Managing Progress & Accountability** 9.5 Coach partners with the client to close the session

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# REFLECTIVE SPACE: What have you learned, appreciated, or valued today?





# Fran Fisher, Master Certified Coach



**Fran Fisher, MCC,** is recognized as a pioneer of the coaching profession. She is also a published author and international speaker. Fran served as a founding ICF Executive Board member, and was responsible for developing the Credentialing Programs for aspiring coaches and training schools. Fran was the first Executive Director of the Association for Coach Training Organizations (ACTO). She was the founder of one of the first three coach training schools accredited by ICF, which she sold in 2006. She has been serving as an ICF Credentialing Assessor since 1998.

Fran was awarded the Lifetime Achievement Award 2012, by the Washington State Chapter of the International Coach Federation. Her passion and specialty is teaching, coaching and mentoring beginning as well as experienced coaches