



WELCOME

LSCC TRAINING PROGRAM - WORKSHOP 2 LIVE LECTURE



CHECK - IN

- 1 FIND AN OBJECT AROUND YOU THAT REPRESENTS YOUR CURRENT STATE OF WELL-BEING.**
- 2 IN A FEW WORDS, WHAT ARE YOU MOST CURIOUS ABOUT AS WE BEGIN THIS WORKSHOP?**



DESIGNED ALLIANCE



ASSUMPTIONS

Naturally CRWR

Unique & Valuable

Worthy of Being Championed

Capable of Solving Complex Problems

Ready to Live at Choice



AGREEMENTS

Confidentiality

Challenge by Choice

Fierce Wonder

Authentic Presence

Wholehearted



SAFETY NORMS

Give examples when asking a question

Freedom of movement

Permission to use the language that works for us & develop awareness for options/inviting feedback

Permission to get it wrong

Emotionality is welcome

Permission to hold each other accountable (be all in)



GETTING IT TOGETHER

YOU MUST INCLUDE:

COACHING AGREEMENT

Signed by you and the client, can be adapted from the example in the Lark's Song Coaching Toolkit

CLIENT RELEASE FORM

Signed by you and the client, cannot be adapted unless approved in writing by Megan

STATEMENT OF CLIENT RIGHTS & RESPONSIBILITIES

Signed by you and the client, cannot be adapted

YOU CREATE:

THE OFFER

Logistics, terms, and pricing is determined by you

ASSESSMENT

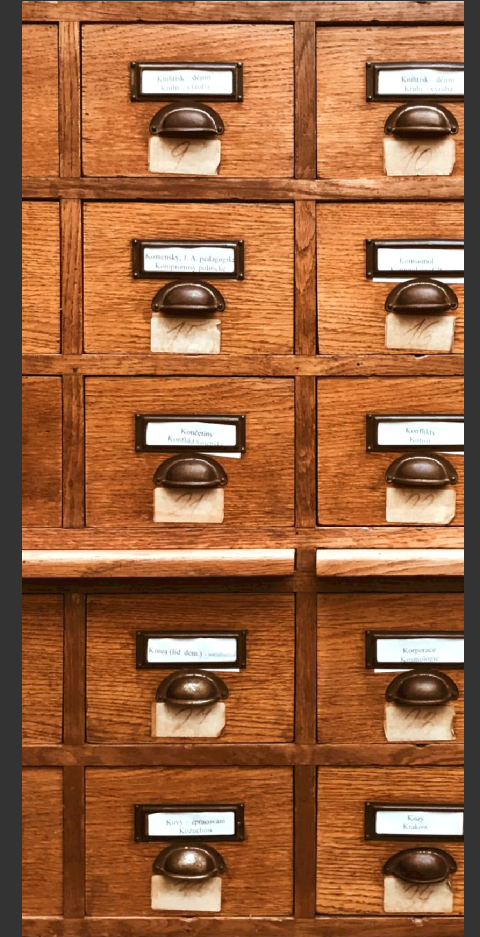
“You are here. Where is here?”

COACHING OBJECTIVES

A.K.A. the “BIG A” agenda - determining where your client is going and how you will know when they get there.

DISCOVERY

Your client's orientation to coaching with you, including designing your alliance, explaining terms, and exploring/preparing for resistance



THE COACHING CONVERSATION/CLIENT SESSION



CHECK-IN (10%)

- Clearing
- Review homework/accountability
- Set Topic = Name “little a” agenda for the session



EXPLORE POSSIBILITIES (55%)

- Define the challenges and obstacles
- Generate options
- Get curious about everything
- Explore impact on clients emotion, body, circumstances, power, and identity



NARROW THE FOCUS (25%)

- Evaluate options for doing
- Check options for resonance against values and committed ways of being
- Select the best possible options
- Make a request or challenge of the client

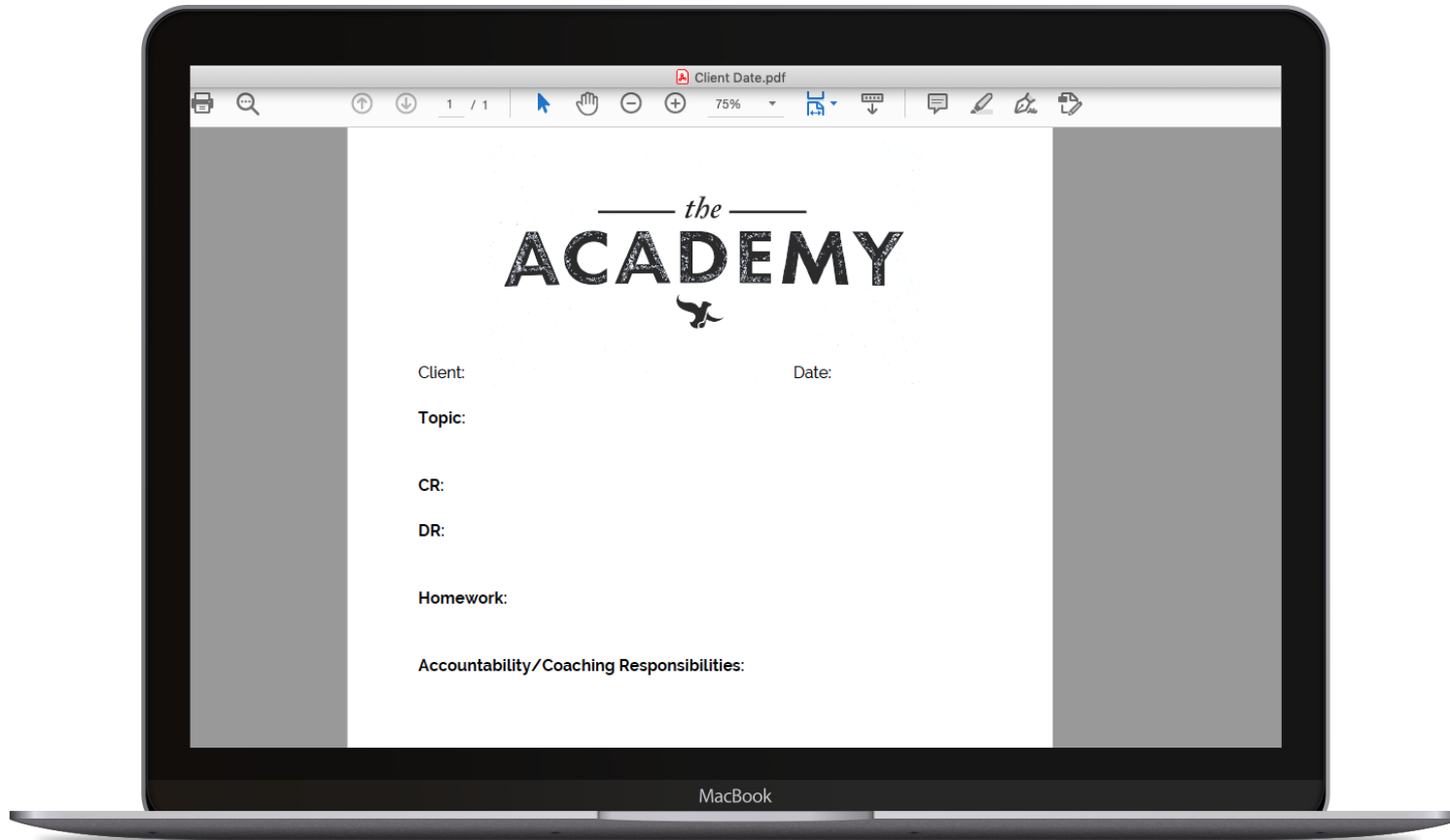


CHECK OUT (10%)

- Provide clarity around next steps and accountability
- Acknowledge and champion your client
- Confirm next session



DOCUMENTATION



DATE + CLIENT NAME



SESSION TOPIC

Bottomline of what they want to focus on during the coaching session



ASSESSMENT AND AGENDA

The client's current reality and desired reality around their topic



HOMEWORK + ACCOUNTABILITY

What you and the client commit to doing before their next session



CLIENT MANAGEMENT TOOLS



- **TOOLKITS**

Lark's Song Coaching Toolkit

CoActive Coaching Toolkit

- **CLIENT MANAGEMENT TOOLS**

Calendly/Acuity

HelloSign

Square/Harvest/Stripe/Venmo/PayPal

Satori

Coaches Console

PaperBell

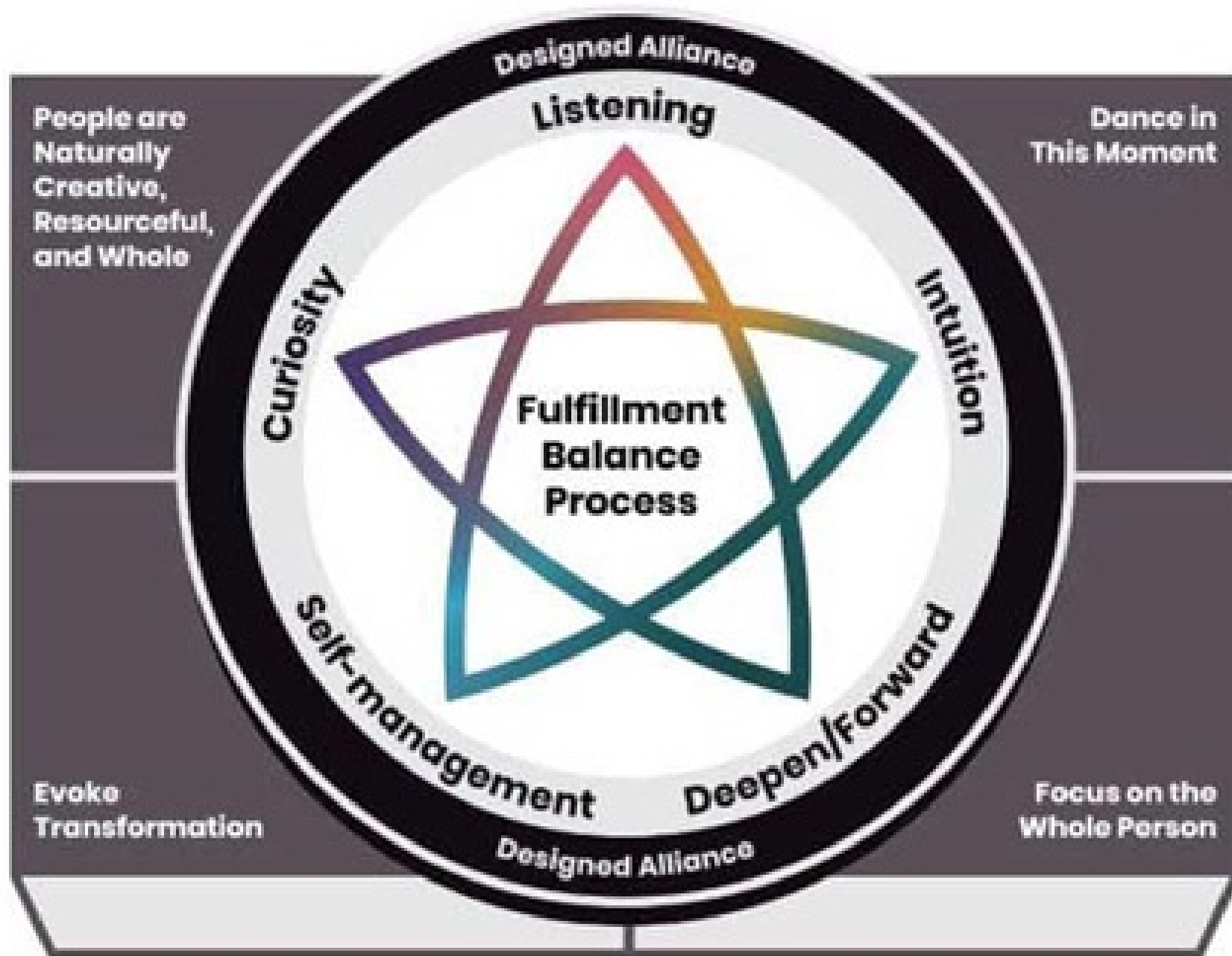
Shore

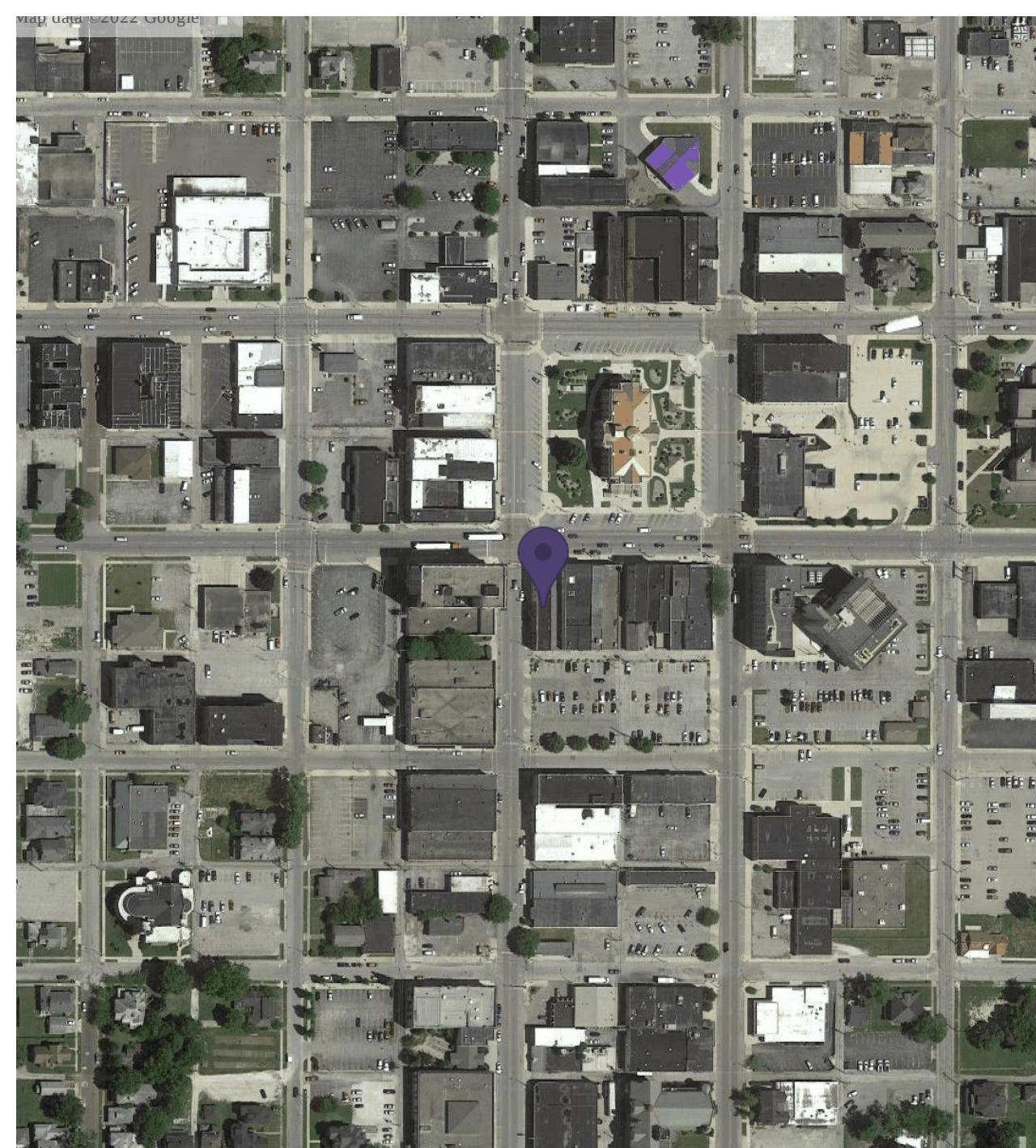
- **LSCC COMMUNITY**

Academy - Lark's Song Certified Coaches Facebook Group

LSCC Co-Lab







SEND US SOME LOVE

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#LARKSSONG #LSCCPROUD