



## Quantum Coaching Skills Series Tipsheet:

### CREATING SACRED SPACE FOR YOU & YOUR CLIENTS

#### **ON SACRED SPACE:**

*A Sacred Space is one where there is room for us to be ourselves... our authentic selves... with no blame or shame. Where you feel safe to just let your hair down... and know that you are treasured for your particular gifts, there is no negative self talk, there is no stress of having to do or be anything...*

*It is productive in that it just is... we don't necessarily have to do or create anything in it... the only work -if you will- is to receive truth, wisdom, love & acceptance.*

*If you can just feel that... and think of a time you offered this to a client or a friend or loved one... Now, imagine giving yourself this gift... the same way you offer it to others.*

#### **Some: Quantum Questions:**

- What does the experience of helping others give you vs. the experience of self-care?
- What "story" or old messages do you carry related to helping others vs. helping yourself?
- When you are not walking-your-talk, what is the impact on your life? On your coaching?
- How clear or strong are your boundaries around being able to say no in favor of putting yourself first?

#### **Know Your Patterns and Triggers:**

- When does the Pathway of Self-Care break down for you? Between the Point of Intention and the Point of Action, where does the interruption occur?
- What strategies might you create at those points to make a different choice?
- What are your Distractor Factors™? What do you do or not do that takes your eyes off the prize? What influences your choices?
- What does self-sabotage look like for you?

## THE COMPASSIONATE SELF-CARE MODEL

- 1) Become the "**SELF-CARE SPIN DOCTOR**"- Find an element of self care in almost everything we do. Reframe even daily routine tasks as ways of taking care of ourselves and notice how the feeling shifts for you. Re-Define Self Care as anything that adds energy to your life vs. that which drains your energy. Use the Self Care Balance Sheet (see Soul Centered Self Care for Coaches Class and Tipsheet #1)
- 2) Engage in acts of **SELF-COMPASSION and SELF-KINDNESS**. Try something every day, even if it is as simple as taking a few deep breaths, looking at the sky or the garden, getting or giving a hug, listening to music or other forms of non-food nourishment.
- 3) Arrange for **GENTLE ACCOUNTABILITY**. Get a coach, a buddy coach or accountability partner. Arrange the frequency according to what keeps your goal top of mind.
- 4) **CREATE ENERGETIC CONNECTION**: Walk your path alongside your client. Engage in your own self-care in integrity along with your clients. Create opportunities to work alongside others such as Integrity Days, collaborations, etc.
- 5) Create and layer **SACRED RITUAL**: Loosely create habits with meaning. For actions that are already happening regularly, consider attaching other relevant actions to build on habit and create bridges from one part of the day to the next.
- 6) **CELEBRATE** every win along the way.

*It is ok to occasionally compromise.*

*It is NOT OK to compromise yourself or to break your boundaries... so that you are not getting what you need to function and survive.*

## Advanced Training For the Wellness Professional

*Are YOU ready to go Quantum?*

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