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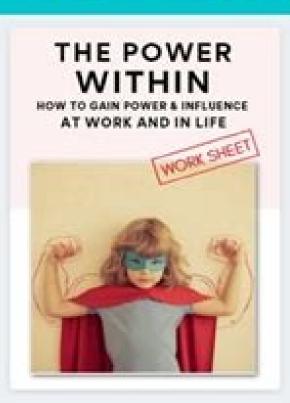
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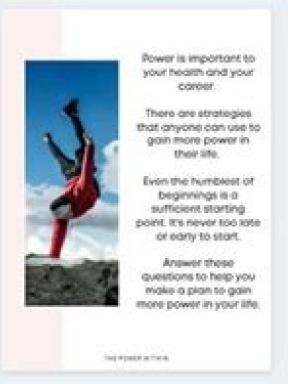


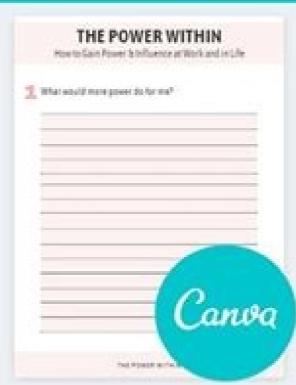
## **Power Within**

How to Gain Power & Influence at Work and in Life

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## **Fully Customizable Worksheets**





Etsy does not support the previous versions of the web browser more in order to ensure that user data remain safe. Please update to the latest version. Find something memorable, join a community that is good. Prominent coaches often have many traits in common, including talent in active listening and a rich life experience from which to draw when they inspire their customers. Still, it doesn't matter if you are the best listener in the world or that you have personally reduced the Everest. Even the best coaches have to work from one plan. In the following, we will provide you 15 models and samples that you can use to create concrete coaching plans and usable that help your customers reach the transformations that change their lives during their time with you. Before continuing, we thought you would like to download our three positive psychology, including strengths, values and self-compression and will give you the tools to improve the well -being of your customers, students or employees. Writing a coaching plans models are essential to maintain and document the progress of your coaching sessions (Olubiyi, 2019). These plans provide clarity both for the coach and for Coachee in different important ways (adapted by Johnson, N.D.). Consolidate the information collected and establish the main areas for development. They facilitate the setting of intelligent objectives with target dates to maintain responsibility. They create a base on which to rotate or adapt the existing objectives with target dates to maintain responsibility. milestones which, once made, can be highly motivating for the Coachee. Considering that goals, you can design effective coaching plans that help guide progress in coaching plans that help guide plans that help guide progress in coaching plans that help guide progress in coaching plans that help guide progress in coaching pla complete quence, which allows trainers to digitize and automate different aspects of a coaching practice. This digitization takes the form of web-based activities, such as evaluations, reflections and evaluations, that coaches can design and that customers can complete using their own ios or android devices. If you are interested, you can access and experience one of these activities alone by exploiting the 30-day trial of quence for only one dollar. Now, models. the best possible self when many customers start coaching, signal the feeling of unbelieving, but are not sure about the specific changes they would like to make in their lives. the best exercise of itself possible is a simple exercise of 10 minutes to help your customers get clarity on their ideal life and drive the development of a coaching plan. the exercise starts by inviting your client to set a timer or timer for 10 minutes. the customer is therefore invited to write about how life would be if he had performed at the best of their ability and reached everything they wanted in their lives. This display then creates an image on which to fix goals. satisfaction in one or more sectors of life another common situation in coaching relationships is when a customer starts reporting dissatisfaction in one or more sectors of life. Life domain satisfaction assessment is a powerful tool to help you and your customers discover the extent they are satisfied with various sectors of life, the exercise invites your client to reflect on their satisfaction in 16 different sectors of life, such as family, education and living standards, you and youryou can then reflect on the answers to identify strengths and areas for growth. Basic Needs General Scale Satisfaction for a particularly high level of a client AAAs life satisfaction, you can assess their satisfaction of basic core needs. The free Basic Needs Satisfaction of their three core needs: autonomy, competence, and relatedness (Ryan & Deci, 2000). All items are rated on a scale from 1 (no true) to 7 (very true), and example items from the scale include (GagnéÂ, 2003): I feel like I am free to decide for myself how to live my life. Often, I do not feel very competent. People in my life care about me. The results of this instrument are valuable for facilitating discussion about where and in what contexts clients experience the most (or least) satisfaction and how they might increase life satisfaction across different domains, 3 Samples and Templates for Your Coaching Sessions Now that you have a few templates to help you design a motivating coaching plan with these desired futures in mind. Goal Visualization Mental imagery of future events can help people ¢ÃÂÂenvision possibilities and develop plans for bringing those possibilities about¢Ã (Taylor, Pham, Rivkin, & Armor, 1998, p. 429). Quenza¢ÃÂAs Goal Visualization audio exercise is a powerful activity designed to strengthen your client¢ÃÂAs motivation in the lead-up to pursuing a goal or starting a plan of action. This exercise comprises eight minutes of guided imagery that invites the listener to consider a goal they¢ÃÂÂd like to accomplish within a year. In the exercise, the listener is encouraged to imagine themselves progressing forward in time and consider what taking steps toward goal achievement might look and feel like at different time points. By doing so, they will energize their conscious mind to take gradual steps toward their goal, motivation. Self-contract model of Oueenza is a useful agreement that your customers can complete to make a commitment signed towards positive change. In particular, the contract model invites the customer to set a clear goal, choose a deadline within which to complete the goal, and note the specific reasons for which it is personally important to achieve the goal. Once again, explicitly explore their reasons to pursue this goal helps them keep motivated when they face challenges. The monitoring of progress towards the realization of great objectives is another strategy to keep us motivated while we pursue them. For a useful tool to help keep track of progress towards achieving the lens, take a look at the free work planning sheet and reach the tracker. This simple worksheet invites the customer to set the goals at the beginning of the week. Once their goals have been established, then they notice their daily progress towards achieving the objectives in a series of cells that correspond to every day of the week. Life and Health Coaching: Top 3 models Some people are looking for a coach to guide them in their search for a range of personal or health objectives. Objectives like these can hit weight loss, health-related habits, or self-cura, just to name a few. Here are three useful models for your Life Coaching practice to support your customers who try to make changes to lifestyle. Creation of a positive body image as we feel in our bodies can play a significant role in determining how we feel a a itneilc irtsov i ativni e inroig isrevid arud Ativitta id osrocrep otseuQ .azneuQ us egamI ydoB evitisoP a gnitaerC osrocrep la ataihcco'nu etad ,oproc orol la ecsirefir is emoc enigammi-otua orol li eraibmac id onacrec ehc itneilc irtsov i reP. odnom len omaittegorp ehc aicudif al e emeisni ous len issets ion about their body in terms of its functionality and what it can do for them. This serves to shift your client¢ÃÂÂs focus from limitations or dissatisfaction with physical from Emotional Hunger Enjoying delicious food is one of life¢ÃÂAs many pleasures. But our relationship with food can grow complicated when we eat for reasons other than hunger reflection exercise on Quenza. The reflection begins by inviting your client to think about and list selfsoothing activities besides eating that they can engage in when experiencing challenging emotions. They are then encouraged to identify where in their body they experience the physical sensation of hunger and learn to distinguish between physical versus emotional hunger cues. The Fourteen-Day Commitment The shift toward a healthier lifestyle typically requires that we change our habits. These habits can be small behaviors surrounding how we eat, sleep, and stay active. For clients looking to improve their lifestyle habits, check out this free Fourteen-Day Commitment chart. This chart is sectioned into columns that probe the duration and type of exercise your client undertakes, the amount of sleep they are getting, and the quality of the food they eat. The thinking is that by actively tracking behaviors for 14 days, your clients can become more aware of the micro-behaviors that contribute to or detract from their goal to lead a healthier lifestyle. 3 Templates for Your Coaching Program & Classes Many coaches will draw on principles from disciplines like positive psychology to develop psychoeducational content, lessons, or workshops as part of their coaching program. If this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you, here are three useful templates you can use to deliver life-changing hours six this is you. citamotua ruo ,sthguoht dna snoitome evitagen gnicneirepxe erÂÂA¢ew nehW rohpateM retawrednU llaB eht gnihsuP .tesdnim htworg a drawot evom stneilc ruoy pleh ot senilediug elbanoitca 02 sliated dna ,tesdnim htworg a drawot evom stneilc ruoy pleh ot senilediug elbanoitca 02 sliated dna ,tesdnim htworg a drawot evom stneilc ruoy pleh ot senilediug elbanoitca 02 sliated dna ,tesdnim htworg ent fo ygoloruen eht no nossel oediv feirb a sedulcni ,tesdnim htworg dna dexif a neewteb ecnereffid eht sezirammus yltaen nossel sihT .azneuQ no nossel tesdniM htworG a gnipoleveD rof senilediuG 02 eht ta kool A ekat ,cipot eht nossel derakcap-erp lufesu ROF .TESDNIM htworg a FO stifeeneb eht tuoba stneilc ruoy ruoy tacude ot yam pihsnoitaler gnihcaoc yna rof gsnitrats dog sesnitrats esnitrats esnitration esnitrats esnitrats esnitrats esnitration esnitrats esnitra , seigetarts doog ,krow drah hguorht (depoleved eb nac stneileb ohm htiw elpoeP tesdniM htworG a gnipoleveD rof senilediuG 02 .noisses gnihcaoc eht to tsucof eht gnirb gnipleh ,). te ,tnemnorivne maet ,ecalpkrow ,.g.e (tnemnorivne derahs eht tuoba sweiv no sucof a dna sriap wen htiw tub staeper esicrexe eht ,Draeh Yrots eht erahs renetsil Hcae Gnivah DNA puor puor eht dnuora gniog retfa .elbissop in yrots eht tuoba sliated ynam sa rebmemer stpetta nosrep reht sednul tsegib tse reflection applying this metaphor of the ball underwater, check it out in Quenza¢ÂÂs pre-loaded Expansion Library. Overall, this metaphor and lesson will help your clients get in touch with all their thoughts and emotions, not just the positive ones. A Look at Quenza: Top 3 Tools for Coaches You¢ÃÂÂll note that several of the templates we¢ÃÂûve explored have been drawn from the psychoeducational coaching platform Quenza. Quenza is a user-friendly online coaching platform for coaches and other helping professionals that helps you automate and scale aspects of your coaching practice at all stages of the coaching relationship. The same team who created PositivePsychology.com designed to keep your clients on track while saving you time and resources. Let¢ÃÂs look at three top coaching tools within the platform tools within the platform now. The Activity Builder All the content that coaches prepare in Quenza is designed using the platform tools device. These sequences can form various lessons, reflections, assessments, or homework activities, and they can include written content, videos, and audio. For instance, pictured above, a coach is designing a simple emotion reflection that their client can complete by tracking their mood on a five-point scale. This reflection may then be followed by an openended response question that asks the client to note the dominant emotions they have experienced throughout the day Driver of their current mood. Alternatively, it can be followed by a video lesson or a soothing guided audio meditation. Regardless of Cié, the activity manufacturer eliminates complexity from the design and digitization process so that the coach can focus on the preparation of activities that help the customer to achieve their agreed objectives. The expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library if you have just started your coaching practice and you are not sure where to start, the queen's expansion library is an excellent starting point. preloaded which are widely used by members of the positive psychology community. This library is continually growing, with activities and paths focused on topics such as the image of the body, the gratitude and the definition of the objectives. In the same way, all activities within the library are completely customizable and can be used as models to design activities that meet the specific needs of your customers, offering complete flexibility. The main security functionalities as part of the coach must take measures to ensure that this information are kept safe. Ouenza was designed with the latest data protection laws and on the security in the heart, making it compliant both hipaa and GDPR. All identification information and responses on the platform are safely archived using high -level 256 -bit cryptography and personal pin codes. However, all this information remains easily accessible to you and your customers through any at any time. A message to bring home even the best coaches need a plan and a guide. Fortunately, with the numerous resources available through Positivpsychology.com and the online coaching communities, there are few reasons to perform your practice in a bubble. In the same way, if you are busy or you are not sure of how to start with your practice, there is no deficiency of pre-pre-preparated pre-preparation activities, and coaching plans you can adapt to your practice and coaching style. We hope you¢ÃÂÂve found some templates presented here valuable. And if you¢ÃÂÂve tried any for yourself, let us know about your experience using them in the comments. We¢ÃÂÂd love to hear from you. Also, remember, you can try all of Ouenza¢ÃÂÂs features for yourself by taking advantage of the platform¢ÃÂÂs forget to download our three Positive Psychology Exercises for free. Dweck, C. (2016, January 13). What having a ¢ÃÂÂgrowth mindset¢Ã actually means. Harvard Business Review. Retrieved from GagnéÂ, M. (2003). The role of autonomy orientation in prosocial behavior engagement. Motivation and Emotion, 27(3), 199¢ÃÂ223. Johnson, J. (n.d.). 3-Step coaching model. UNT Health Science Center. Retrieved from Olubiyi, M. K. (2019). 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