Awesomeness-Based Coaching Prompts

Chapter 4: Coaching

Shifting from coach-centered to client-centered means thinking less about awfulness (what the client's bad at) and more about awesomeness (what the client's good at).

With awesomeness-based coaching, you specifically ask yourself: "Where is this client winning outside of health and fitness?" And, "What skills are they using to win at that?" (Don't know where they're winning or how? Ask them.) Then you look for:

Skills: What do they already know how to do?
Knowledge: What information do they already know?
Expertise/Experience: What have they already done? (In particular, what have they already done well?)
Interests: What do they like to do? What do they enjoy?
Talents: What are they naturally good at?
No-problem times: When does the problem they often face not happen?*

Once you understand where clients are awesome, give them the kinds of tasks that interest them or that use their talents. Or help them work toward a goal that inspires or excites them.

Use their awesomeness to shape their goals, to solve health and fitness challenges they keep coming up against, or to come up with next actions.

* For example, if a client occasionally binge eats, perhaps you could look for clues on how to not binge eat by examining their no-binge times vs. binge times and noting the differences.

These activities and worksheets are taken from the book Change Maker: Turn your passion for health and fitness into a powerful purpose and a wildly successful career by John Berardi, PhD.

Check it out at: www.changemakeracademy.com/book