



THE 4 LEVELS OF COACHING

Build a Holistic Coaching
Methodology to Create
Consistent, Powerful Results
and Seal Your Reputation as
a World-Class Life Coach

We are not just our thoughts. We are not just our feelings.

We are more than all of that.

We are distinct in our experiences and approach to life.

We are spiritual, behavioral, mental and emotional beings.

These are the 4 levels of existence. These are also the factors that can move us forward or hold us back.

While we understand all of this intellectually, too often many coaches – and this includes even the truly great ones – do not include all 4 levels in the work they do with clients.

They focus on just mindset work or habit creation and leave out other areas such as emotional stability and spiritual strength.

This is the same as asking your clients to climb a ladder with no rungs. You can motivate and inspire them all you want, but they're never going to be able to use that ladder to get anywhere.

That's why it's important to use a holistic, all-encompassing approach when you coach.

You need a comprehensive method that includes all 4 aspects of your client – the spiritual, the mental, the emotional and the behavioral.

When you do this, you'll create revolutionary changes within your client that will be reflected outwardly, as real world results.

It's the only, lasting way to help your clients achieve the success, abundance, happiness, and fulfillment they're looking for.

What This Guidebook Will Do For You

This guidebook will help you understand and build your own simple yet transformational holistic coaching methodology that will support your client on all 4 levels – emotional, spiritual, behavioral and mental.

How to Use This Guidebook

Read this guidebook and watch the video. Then, set aside some time to reflect and answer the questions below.

The Emotional Level: Creating a Safe Space

Commit to holding a safe space for your clients, so they feel free to reveal their emotions when they are working with you - no matter what those emotions are.

One of the best ways to do this is to clearly state you are open to them emoting and expressing themselves during sessions.

Reflect:

Think about what else you can do to help your client's feel they can trust you enough to be open and honest about their emotions. How can you create a container that invites your clients to express and not suppress their emotions? Write your ideas and thoughts below.

Remember:

This is not about allowing your clients to play the "victim," get dramatic or spend the entire time complaining. This is about giving your clients permission to express their authentic emotions around challenging and painful situations in their life. It's the only way they can be truly free to rise from their sorrow, disappointment, and other difficult experiences.

The Mental Level: Releasing Old Stories

Working with your clients on the mental level is about releasing old stories they're holding on to. These are stories related to who they should be and what they should do – not who they are and what they want to do.

These old stories are made up of beliefs that do not serve them. Your key task is to help your clients identify and release all of the limiting, negative beliefs that are holding them back from their goals and dreams.

Reflect:

How can you help your clients identify these old stories? What are some of the coaching methods and techniques you can use to uncover and release the limiting beliefs behind these stories? How do you plan to implement at least one of these methods or techniques in your next coaching session? Write your ideas and next steps below.

Remember:

The idea here is to help your clients release only negative, limiting beliefs that are keeping them stuck. This is not about rearranging their entire approach to life or telling them what to believe based on your personal views or what you think is right and wrong.

The Behavioral Level: Strategizing Success

The behavioral level is about motivating and supporting your clients to take action – aligned, congruent action – that will help them achieve their goals and create the results they're looking for in all areas of their life.

Reflect:

What are the questions you must ask your client so you can detect behavioral changes they must make to achieve their goals? What can you do to help them let go of unhelpful behaviors? How can you motivate them to adopt new behaviors that will move them forward? Write your ideas and thoughts below.

Remember:

Creating behavioral changes can be one of the more challenging aspects of coaching. Practice patience and persistence here. Gently continue to motivate your clients. Hold them accountable until the new, supportive behaviors become a part of who they are.

The Spiritual Level: Igniting Higher Wisdom

The spiritual level is about having the understanding that there is something greater than our physical, human existence. Working with your clients on this level will give them an incredible depth of hope and faith when they face major challenges, obstacles, and difficulties.

Reflect:

How can you help your clients recognize a higher power that they can lean into? What is the support you can give them as they discover this for themselves – especially if you are working with a client who is resistant to the concept of spirituality? How can you help them find faith and hope in something greater than themselves? How can you help them strengthen their innate spiritual nature? Write your ideas and some actions you can start taking in your next coaching sessions below.

Remember:

You don't need to talk to your clients about their religion or their personal beliefs about God. Spirituality is not about religion. Being spiritual is about recognizing the unseen, profound power we all instinctively feel and experience in our lives. Help your clients understand that spirituality begins by respecting their place in the Universe and accepting that we are all spiritual beings having a human experience...Spiritual beings who deserve love and acceptance.

References

This guidebook is based on and inspired by the work of master coach, speaker and best-selling author Christine Hassler.

