

# Micro Coaching Lab

## Key Learning



**D**on't try to solve the problem or look for the solution



**C**heck it out - don't assume – what does the client really mean?



**D**on't invite the story – and don't get into the story



**L**eave lots of space for the client to respond – don't be afraid of silence



**C**oach the whole person



**L**isten for the energy as well as the detail of what the client is saying



**S**hare what you are thinking - not as a judgment but as an observation or question



**P**oint out any conflicts in the way the client is presenting



**E**xploring what is not working can be more juicy than exploring what is working



**L**isten for the client's beliefs, attitudes and perspectives