



“Be-A-S.T.A.R. Leader” Coaching Model

This coaching model can be used in three ways: for **formal coaching** (individual and groups at a scheduled session), **informal coaching** (try using these questions in meetings) and **self-coaching**.

Rules for Power Coaching® with Mind-Kinetics® (PCMKT™)

Refer to this section only when you are Coaching Others

1. Understand that ‘**Coaching**’ is about **Self-Discovery** and ‘**Mentoring**’ is about **Giving Advice**.
2. Both Coach and Coachee **drink water throughout the coaching process** to keep oxygen flowing to the brain and the cells.
3. **Follow the process exactly as the questions are scientifically engineered to work!**
Ask the questions typed in bold and **in the sequence provided**. Give them lots of time to answer.
4. **Write down their answers** exactly as they give it to you. Coach and Coachee take good notes.
5. **Feedback exactly what they tell you.** After Coachee has answered every question, feedback to them exactly what they said. Do NOT paraphrase. This prevents you from influencing their thinking process.
6. **If you don’t understand what they are saying**, ask additional clarifying questions which begin with “What” or “How” or “Tell me more.” Never use “Why” as that may imply judgment.
7. **Stay neutral** throughout the coaching session. If you show approval of their answers, they will only give you answers to acquire your approval. If you show disapproval, they will give you answers to avoid your disapproval. We wish for the Coachee to explore *without* the Coach’s interference or influence.
8. **Don’t judge your Coachee.** Do The Brain Walk®** before you coach if you think you are judging your Coachee. If you judge during the session, they will feel that negativity from you and not be as forthcoming with their answers. To remove your judgment, conduct ‘Think Pink’ exercise - next page.
9. **Coachee creates SMART goals.** In the final step, a SMART goal means:
S = Specific, M = Measureable, A = Attainable, R = Realistic and T = Time-based.
10. Other: **Coaching conversation is confidential. Never coach hostile groups** – coach individuals first.

Questions? Contact Betska@CoachingAndLeadership.com

**Free Support tools for you and your clients to remove unconstructive thoughts.

The Brain Walk®: www.TheBrainWalk.com

To Find The Real Goal to Work On Use when Self Coaching OR Coaching Others

1. “Let’s have a sip of water. [Pause] **Think of a challenge you have in either your personal or professional life and, in one sentence, write it down.** [Pause for them to do so.] **Please share with me what you have written down.**”
2. “**Next, turn this challenge into a positive Real Goal. What is your Real Goal?**”



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Before you begin these questions, make sure you help them find the Real Goal by using the questions on the bottom of Page 1. Follow the FORMULA below for Pentilateral thinking.

1. BELIEFS:

- a. “My job is to help you explore your Real Goal! Let’s have another sip of water. [Pause for response] What is the #1 thing stopping you from achieving your goal? What is in your way?” [Pause for response]

To go into Subconscious Mind, ask: “What emotional, intellectual, spiritual or physical roadblocks are stopping you from achieving your goal?” Use Values App or Values Chart next page.

- b. “What is the #1 belief you need to have about yourself in order to achieve this goal?”
- c. “What is the #1 belief you need to change about others in order to achieve this goal?”

2. ACHIEVE/ACTION:

- a. “What action steps have you already taken to achieve this goal?”
- b. “Because you are not achieving your goal as well as you would like, what impact is this having on your life? In other words, how is it negatively affecting your life?”
- c. “What daring action could you take to move forward?”

3. SUPPORT: “What support do you need right now to help you achieve your goal?”

4. TREASURE: “When you achieve this goal, how will your life be different? What will you treasure about having achieved this goal? What will you value?”

5. AFFIRM: [For this step, preferably use CLI Values App or use CLI Values Chart next page.]

- a. “Let’s have a sip of water.” If using Values App, “Pick a Value which is a Strength of yours. Or if using the Values Chart, “Studying this CLI Values Chart, which value jumps off the page which is a strength of yours? Do this exercise intuitively versus logically.”
- b. “How is this value a personal strength of yours?”
- c. “How can you use this strength to achieve your goal?”

6. REVITALIZE! [Client goes into Superconscious Mind for solutions from their Source]

- a. “When you think of the # 10, what positive picture comes to mind for you?” **
[The brain recognizes the number 10 as a number of perfection. For the spiritually bent Coachees, the number represents ‘I am one with God’. Therefore, by thinking of the #10 the Coachee raises their frequency to a place of perfection where they can stream in a positive picture.]
- b. “What does this picture represent to you? What does it mean to you?”
- c. “How is this picture and what it represents a solution for you to achieve your goal?”
- d. “What is one SMART goal you can commit to right now as a result of this Mind-Kinetics® Coaching Session? Think of an action step.”

“Thank you for being my Coaching Client today!”

** Coach, you may substitute the #10 innovative process with one called ‘Think Pink’. Simply ask, “With your eyes open or closed, I invite you to imagine the most beautiful pink rose flower or pink lotus flower. Let me know when you have it. [Pause for them to do so.] When you look inside that flower, what positive picture comes to mind?” Then continue asking questions 6 b. c. & d. *Great Job Coach!*



You may also freely download the CLI Values Cards [from here](#) on The Apple Store – then you and Client may *intuitively pick* Values from the Subconscious Mind

CLI VALUES CHART

- | | | |
|-------------------|--------------------|---------------------|
| 1. Acceptance | 30. Helpfulness | 59. Responsibility |
| 2. Assertiveness | 31. Honesty | 60. Reverence |
| 3. Balance | 32. Honour | 61. Righteousness |
| 4. Beauty | 33. Humility | 62. Sacrifice |
| 5. Caring | 34. Humour | 63. Self-Acceptance |
| 6. Challenging | 35. Idealism | 64. Self-Discipline |
| 7. Cleanliness | 36. Integrity | 65. Self-Love |
| 8. Commitment | 37. Joyfulness | 66. Service |
| 9. Compassion | 38. Justice | 67. Steadfastness |
| 10. Confidence | 39. Kindness | 68. Tact |
| 11. Consideration | 40. Love | 69. Thankfulness |
| 12. Contentment | 41. Loyalty | 70. Tolerance |
| 13. Courage | 42. Mercy | 71. Trust |
| 14. Courtesy | 43. Moderation | 72. Trustworthiness |
| 15. Creativity | 44. Modesty | 73. Truthfulness |
| 16. Detachment | 45. Obedience | 74. Understanding |
| 17. Determination | 46. Orderliness | 75. Wisdom |
| 18. Devotion | 47. Passion | 76. Wonder |
| 19. Diligence | 48. Patience | |
| 20. Discernment | 49. Peace | |
| 21. Enthusiasm | 50. Peacefulness | |
| 22. Faith | 51. Perseverance | |
| 23. Faithfulness | 52. Pious | |
| 24. Forgiveness | 53. Prayerfulness | |
| 25. Friendliness | 54. Purity | |
| 26. Generosity | 55. Purposefulness | |
| 27. Gentleness | 56. Recognition | |
| 28. Grace | 57. Reliability | |
| 29. Gratitude | 58. Respect | |

