

Coaching From and for Essence: Using Evocative Coaching Questions



Coaching From and For Essence using Evocative Coaching Questions: by Tasha Armstrong

★★★★☆ 4 out of 5

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What is coaching from and for essence? Coaching from and for essence is a coaching approach that focuses on helping clients connect with their true selves and live a life that is aligned with their values and purpose. This approach is based on the belief that each person has a unique essence, or inner core, that contains their true potential and wisdom. When clients are able to connect with their essence, they are able to make choices that are in alignment with who they truly are, and they are able to live a life that is more fulfilling and meaningful.

Evocative coaching questions are a powerful tool that can be used to help clients connect with their essence. These questions are designed to provoke thought and reflection, and they can help clients to gain a deeper

understanding of themselves and their values. Some examples of evocative coaching questions include:

- What is your deepest longing?
- What are your core values?
- What is your purpose in life?
- What are your strengths and weaknesses?
- What are your dreams and aspirations?
- What are your fears and limiting beliefs?
- What are you most grateful for?
- What is your unique contribution to the world?

By asking these types of questions, coaches can help clients to explore their inner world and gain a deeper understanding of themselves. This can lead to greater self-awareness, self-acceptance, and self-compassion. As clients become more connected with their essence, they are able to make choices that are in alignment with who they truly are, and they are able to live a life that is more fulfilling and meaningful.

Here are some tips for using evocative coaching questions:

- Create a safe and supportive environment for your clients.
- Be present and attentive to your clients.
- Ask questions that are open-ended and thought-provoking.
- Listen to your clients' responses without judgment.

- Encourage your clients to reflect on their experiences and insights.
- Help your clients to connect the dots and see the patterns in their lives.
- Celebrate your clients' progress and accomplishments.

Evocative coaching questions can be a powerful tool for helping clients to connect with their essence and live a more fulfilling life. By using these questions, coaches can help clients to gain a deeper understanding of themselves, their values, and their purpose. This can lead to greater self-awareness, self-acceptance, and self-compassion. As clients become more connected with their essence, they are able to make choices that are in alignment with who they truly are, and they are able to live a life that is more fulfilling and meaningful.



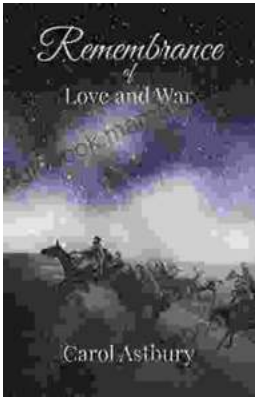
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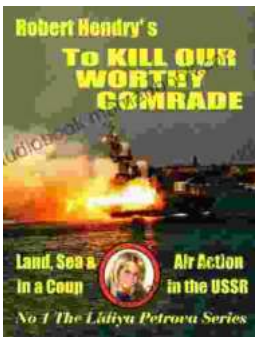
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