

# Coaching Tools to Ignite Change

Connect with and Empower Your Clients

Register Now

September 27-28 ~ 9:30 am-5:00 pm | \$495 (early bird price)

## Do you:

Give it your all, but feel stuck with certain clients?

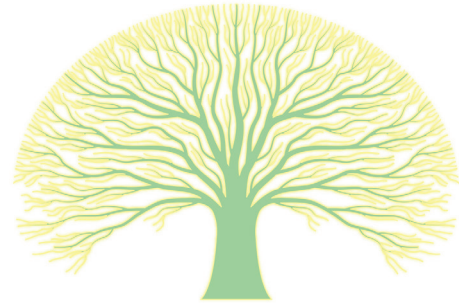
Feel like your clients could go so much farther, but you aren't sure how to get them there?

Feel overly responsible for delivering results and worry that your clients aren't getting what they really want?

Find yourself feeling frustrated when clients don't follow through? Or powerless when they self-sabotage?

Feel drained, overworked or worried about burning out?

Long to fully deliver all that you know and are passionate about?



## You're not alone!

With the right tools and skillsets, you could feel so much lighter, confident and effective.

When you really connect with your clients and empower them, they will be more open to what you can offer.

Isn't it time to refresh and open the doors of expansion for both you and your clients?

## You'll learn so much!

- Reach your client, connect and build the foundation for full engagement
- Work constructively with internal and external obstacles to nutritional health
- Facilitate and empower sustainable change in your clients
- Create clear boundaries for yourself and know when to make referrals

## Some of the pitfalls and traps we'll work with:

- **Babysitting.** The client sets you up to manage them and you agree to be the authoritative parent to a child. They will inevitably resist or in some way sabotage change when this is going on. You end up feeling exhausted, resentful, or want to complain. It may be subtle, it can be masked with niceness, and it can go on for years.
- **The dog ate my homework.** The client makes lame excuses and generally avoids doing what they said they would do. These aren't clear or compelling reasons. The client doesn't take full ownership of the problem. You may feel frustrated.
- **Vague, mind numbing generalizations.** You don't really know what's going on with the client because they've put you to sleep with their vague generalizations. You don't know where to get a foothold to get the energy moving again. You may feel bored or ineffective.
- **Giving advice.** This can be seductive. The client wants advice and you want to feel like you're delivering value. But it can short circuit full empowerment of the client.
- **Blame someone.** The client blames someone for his/her lack of progress. They may blame themselves, someone in their family, or even you. The client isn't taking responsibility and is throwing his/her weight around. You may feel intimidated or want to push back.

**Fix the problem.** Client is facing compelling obstacles that are in the way of change and is having sincere difficulty doing what he/she agreed to. The client needs new tools, looks to you for the answers and you jump in to heroically save the day.

- **Really big problems.** The nutritional issues are just the tip of the iceberg. The client needs help that you aren't equipped to deal with. If you don't keep a boundary, someone could get hurt.

## You'll learn specific coaching tools and skill sets:

- **Be fully present** and hold the space for your client to show up fully and have a voice.
- **Listen actively**, with empathy, and reflect back what you're hearing in a way that will deepen your connection and build trust.
- **Ask powerful**, clarifying **questions** that will help the client go deeper, discover what is driving them and to recognize their choice.
- **Offer feedback and perspective** that will help your client feel understood and find new and energized ways to approach their challenges.
- **Create agreements** and **design actions** that are specific, reasonable, workable, and rooted in what the client truly cares about.
- **Work with obstacles** to change by identifying them clearly and creating strategies for addressing them.
- **Support** your client's **progress** every step of the way and honor their courageous changes.

## Meet your facilitator and the creator of this program



**Barbara Bouchet, MEd, LMHC, BCC** has over twenty-five years of experience working with business owners, professionals, executives, and leaders as a coach, trainer, group facilitator, and psychotherapist. She is a Board Certified Coach, a Licensed Mental Health Counselor, and the [President of Contact Point Associates](#). Barbara is the author of [The Enlightened Edge for Leaders: Ignite the Power of You](#), as well as programs to improve communication, work-life balance and relational skills.

## How to join us for this 2-day training

**Dates:** September 27-28 ~ 9:30 am – 5:00 pm

**Location:** Hampton Inn Northgate: 9550 1st Ave NE, Seattle WA 98115

**Register:** [Click here](#) or go to <https://contactpointassoc.com/pdf/coachtools.pdf>

**Continuing Education Credits:** Pre-approved for Nutritionists through NTA for 10 business CEUs and the NANP for 12 Category 1 CEUs

**Tuition:** \$495 when you register by August 31. \$545 after that.

**For more information contact Barbara:** **Call** 206-361-4730 **Email** [bb@contactpointassoc.com](mailto:bb@contactpointassoc.com)

The class will be about 30 people or less. You'll get plenty of opportunities to practice your new skills. Come prepared to learn both with your brain, heart and body.



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