



MODULE NINE

Coaching with the Client's Compass



Table of Contents

Introduction.....	3
Coaching with the Client's Compass.....	5
Self-belief: The Sovereign.....	9
Self-acceptance: The Lover	12
Self-worth: The Warrior.....	16
Self-trust: The Sage.....	20
Tools for bringing the compass to life.....	25
SBCA Coaching Tools: Working with Self-belief (the Sovereign)	27
SBCA Coaching Tools: Working with Self-acceptance (the Lover)	30
SBCA Coaching Tools: Working with Self-worth (the Warrior)	34
SBCA Coaching Tools: Working with Self-trust (the Sage)	38

Introduction

In Module Nine we support our clients to identify and bring to life, what self-belief, self-acceptance, self-worth and self-trust look and feel like to them.

In this module we'll:

- Learn how to help your client identify their 'True Nature' - who they are underneath self-doubt.
- Discover how to help client feel resourced in Self-belief, Self-acceptance, Self-worth and Self-trust through compassionate enquiry.
- Explore the concept of your clients 'True Nature' as it relates to creating a values-led life, cultivating meaning and fulfilment.

CONSIDER:

- What is this module revealing to me about my relationship with self-belief, self-acceptance, self-worth and self-trust?
- What is my experience of working through these approaches on my own? With my Practice Pod?
- How might these ideas be incorporated into my client work?
- What is unclear to me?
- What are my questions for Sas?

Self-belief Coaching tools + approaches

The tools and approaches referred to in this Module are available for you to download as unformatted word docs for you to add your own branding.

REF.	NAME	NOTES
SBCAM9A	Vision Board	How to set and honour a boundary.
SBCAM9B	Joy Bucket	Helping the client access self-trust through taking the widest perspective of a dilemma they are facing.
SBCAM9C	The Love Bus	Helping the client to access self-acceptance through acknowledging their parts.
SBCAM9D	Heart Map	Helping the client to see the relationships and connections that feel supportive/need to change.
SBCAM9E	The Warrior Garden	Helping the client access self-worth through the boundaries of their territory and the space they take up.
SBCAM9F	Boundaries	How to set and honour a boundary.
SBCAM9G	Body Compass	How to access the intelligence of your body to find your intuitive 'Yes' and 'No'.
SBCAM9H	Dilemma + Decisions Container	Helping the client access self-trust through taking the widest perspective of a dilemma they are facing.

Coaching with the Client's Compass

KEY MESSAGE: When you are connected to your true nature, when you are following your personal compass - life is richer, more meaningful, more fulfilling.

PURPOSE OF THIS MODULE:

Once we start to unravel and unlearn our protective beliefs and behaviours, we start to uncover who we are underneath self-doubt.

The Healthy Adult Self of the client encompasses their unique, one-off blend of personality, preferences and dreams, the full spectrum of emotions, the space they take up in the world and the conscious choices they make to create a life that fits them.

The metaphor of a personal internal 'Compass' is designed to help the client access their Healthy Adult Self. The compass 'readings' point towards core resources: self-belief, self-acceptance, self-worth and self-trust.

We have three aims in this module:

1. Help our clients to 'meet' each of these resources or parts.
2. Support our clients to bring these resources into being in creative and accessible ways.
3. Allow the Protector to 'rest' as clients develop relationships with more supportive and resourceful parts.

STRUCTURE OF THE MODULE

This module is one of the biggest! We go through each of the four resources of the compass - Self-belief, Self-acceptance, Self-worth and Self-trust.

Each compass point is split into TWO parts:

Firstly, you'll read detailed descriptions of each aspect of the Compass.

This is for you as a Self-belief Coach to understand each aspect – the traits, qualities, beliefs, and behaviours to look for as these resources grow and develop within the client.

In the second half of the module, you'll have access to coaching tools and approaches to support your work with clients.

These include:

- Guided Visualisations – recordings to meet each aspect of the compass using a Voice Dialogue approach. There are scripts you can use to tailor and record for your clients.
- Specific Coaching Tools – you'll find original, creative tools you can use with clients to help them develop and experience these qualities.
- Coaching questions - to bring each aspect of the Compass to life. We ask the same questions in any context – these are designed to help the client 'consult' with each aspect of their Compass. This offers them a way to start developing their Healthy Self.

WORKING WITH PARTS

In this module we are working with the 'parts' of the psyche. Therapeutic traditions such as Internal Family Systems, Voice Dialogue Work, Shadow Work and Psychosynthesis offer us a conceptualisation of the self as many interconnected mini-selves, or parts.

You might remember from Module Two this fun description from Claxton (1994) who describes our self-concept as a 'discotheque of octopuses:'

'Some are awake, some are asleep most of the time. That who are awake can tickle others to make them awake., when some of them receive impulses from outside through their dancing they transfer this to others who stimulate action. When they are mingling at the disco, each to various degrees of involvement, the self can perform many different functions.'

Framing the self in this way is consistent with developmental theories in that different parts of our Self-concept are at different developmental stages at the same time.

We can name and cultivate helpful parts to call on when we need them.

As Self-belief Coaches, we want to help clients to creatively explore what is possible for them when self-doubt is not running things.

What are the qualities they can access underneath self-doubt?

THE HEALTHY SELF, COMPASS, AND PROTECTOR

This is where you get to see how the Self-belief Coaching Model fits together. The Healthy Self is at the centre –coordinating all the other parts of the self.

The Healthy Self also takes care of the Protector (including the Survivor Self).

The Healthy Self can invite in other parts – Self-belief, Self-acceptance, Self-worth and Self-trust – to help in any given context. These four core parts contain qualities, strengths, and resources the client can draw on – as well as Protective shadow parts (Critic, Martyr, Scapegoat and Bystander).

These four parts create an internal ‘Compass’. Bringing these internal resources to life helps our clients to feel supported, integrated, and whole. I use archetypal names and elements to help bring these to life for the client.

- Self-belief > Sovereign (fire),
- Self-acceptance > Lover (water),
- Self-worth > Warrior (earth)
- Self-trust > Sage (air)
- and Self-doubt > Protector (metal).



PART ONE

Self-belief Coaching tools + approaches



Self-belief: The Sovereign

VISION + GOALS – LEADERSHIP - ENCOURAGEMENT - FIRE

WORKING WITH THE SOVEREIGN

The Sovereign is our inner-Leader - this is the part of our psyche that helps us know that we are capable and gifted and that it's safe for us to try things out.

The Sovereign is fundamentally about self-belief - valuing the vision you have for your life and being willing to bring it to life.

When we claim our Sovereign energy, we are believing in ourselves in two ways - dreaming for what we want in our lives, and then championing our capabilities and keeping ourselves motivated to pursue the vision we have.

In an ideal world, we would learn how to access and express our inner-Sovereign from our parents and caregivers. Unconditional love, acceptance, lack of judgement allows our little personhood to develop in a healthy and full way. It is the greatest gift we can ever receive.

We learn how to make mistakes, screw up, fail and the impact is mitigated because we know we are valued and loved regardless of what we do or don't do. We can internalise belief and encouragement.

If we haven't had the experience of being believed in and encouraged, we are more likely to talk to ourselves critically and with judgement, we place conditions on our worthiness. This might replicate the way that your parents or the adults around you treated you.

Most of us find it incredibly difficult to bring love and compassion to all of ourselves, until we've had it modelled somehow or we've experienced it through claiming our shadows.

Sovereign energy is ALL about compassion – it's the lived experience that I'm ok and you're ok and we are both resourceful, worthy, and whole, we are sane, loving, and loveable and behaving as we are for totally understandable reasons.

Embodying Sovereign energy means we get to express ourselves fully - we get to claim the ways that we contribute to the world. And this makes it worth doing the work, putting in the effort to walk with our self-doubt, feeling the fear of that risk. We cultivate resilience along the way.

The main reason to work with Sovereign energy is that we get to access the expansion of ourselves.

The invitation to work with your inner-Sovereign opens you up to the feeling of purposeful fulfilment, to a life of meaning and joy.

SOVEREIGN ENERGY

UNDER-EXPRESSED SOVEREIGN ENERGY	• Self-belief is super-low: weak and deflated - as if your fire has gone out. • It's common to feel disillusioned, exhausted, resentful, lacking in motivation and unable to imagine what is possible. • Sovereign energy can dip during times of trauma, loss or big changes in your life - when we feel unsure, or we are trying something for the first time.
OVER-EXPRESSED SOVEREIGN ENERGY	• This is like a 'too hot flame' and can look like being overly confident or trying to control everything. • This can look like having too many ideas or being over-whelmed with responsibility or the weight of your vision. • Aspects of toxic leadership erupt when Sovereign energy is over-expressed: bullying, disregard, blame and a general intolerance for human foibles.
BRINGING INTO BALANCE	• We tend to inflate or deflate Sovereign energy when our self-doubt tells us we aren't capable. • We are likely to respond by either working hard to prove ourselves (often while feeling it's only a matter of time before we're found out) or resigning ourselves to never being good enough and so never trying.

THE EVOLUTION OF SOVEREIGN ENERGY

IN THE SOIL...	• Self-doubt is high. • Don't know what you want. Have no vision for your life. • Struggling to acknowledge skills, capabilities, strengths, and qualities.
GREEN SHOOTS...	• Recognising how self-doubt is showing up for you. Accepting responsibility for changing this. • Being interested in your relationship with leadership: your power, abilities and gifts, fears, and challenges.

	• Experimenting with your green shoots of self-belief – speaking to yourself with encouragement. • Allowing yourself to imagine what is possible.
BUDDING FLOWER...	• Consciously bringing your Leadership into the world - deciding what you want, experimenting, adjusting, and retrying. • Offering yourself support and encouragement. • Intentionally testing the validity of your self-doubt to bring your dreams into the world, acknowledging that this requires new ways of supporting yourself to take new actions. • Recognising how your abilities, gifts and qualities contribute towards to the world. • Able to recognise the Sovereignty of others - being interested in the good of your family, group, wider community.
FULL BLOOM...	• Unconditionally offering yourself support and encouragement. • Resourced enough to create goals and plans. • Bringing your vision to life - comfortable celebrating your growth and expansion. • Unconsciously leaning into your own Leadership, being willing to fail, to be vulnerable, wrong, to keep learning. • Believing in yourself, regardless of the outcome.
EMBODIED SOVEREIGN	• Motivated by internal factors - seeking fulfilment and meaning. • Quality of fullness - a life fully expressed, feeling full of life. • Recognises Sovereignty in others - believing everyone is resourceful, worthy, and whole, and everyone gets to win. • Nurturing and generous - invites others in, asks for help. • Step into leadership roles - parenting, creativity, running a business, leading in an organisation, a movement, a community. Holds the vision and brings it to life. • Recognises the grace of being willing to fail, to be vulnerable, to be wrong, to always be growing. • Sovereign energy has a warmth to it and embodies the element of fire.

Self-acceptance: The Lover

CONNECTION – NEEDS + EMOTIONS – BELONGING - WATER

WORKING WITH THE SOVEREIGN

The Lover is the aspect of our psyche that wants to belong - to our past present and future selves, our emotions and our bodies, to the natural world and to other people.

Lover energy is always offering an invitation to accept that we are creatures with needs, and getting these needs met is essential for us to thrive.

When we learn there is risk attached to belonging, and we protect ourselves with the best resources we have available. As adults, we get to offer Lover energy back to ourselves and create an internal sense of belonging, allowing us to heal our shadows and connect with others in healthy ways.

When we belong to ourselves, we can meet other people where they are, we don't need them to fill us or complete us - we share what we both have, get our needs met and embrace a healthy 'independent dependence'.

Lover energy is very much of the body. It's about what we feel - sensorily and emotionally.

And because the body can only be in the moment, there is a presence about Lover energy - what is in the here and now. It can be helpful to remember that to come back to Lover energy we can simply follow our breath into our bodies, noticing what is happening in this moment and allowing our emotions to flow; this is how we reconnect to ourselves.

When we claim our Lover energy, we open up to the full spectrum of our emotions. We get to experience and freely express every emotion. We let them flow!

By feeling our feelings, we have access to our body's complex intelligence. We understand that our memories live in the body - it only takes a song, a scent, a comment someone makes - and we can travel back in time. This is also how we heal our past hurts.

When we work with Lover energy we get to soften into our sense of belonging. We infuse our other Compass energies with love, safety and belonging - this is how Lover energy gives everything a deeper purpose.

Accepting the invitation to work with your inner-Lover opens you up to a richer, pleasurable life where true connection and intimacy are available.

LOVER ENERGY

UNDER-EXPRESSED LOVER ENERGY	• When Lover energy is low, we feel separate from the world. Deflated Lover energy creates a disconnection: you might feel quite cut off from yourself, your emotions, other people, in particular you might feel there is nowhere you belong. • This can result in seeking ways to fill ourselves up through consuming (food, drink, boxed sets, scrolling, shopping). You might also seeking reassurance from others, sometimes through creating drama or overplaying helplessness.
OVER-EXPRESSED LOVER ENERGY	• When there is an over-expression Lover energy, it can feel like being too attached to your emotions, the past or future, other people, to pleasure. You might feel pulled in so many different directions, your emotions leave you feeling wrought. • Too much Lover energy can also lead to a constant search for fulfilment through hedonism, narcissism, obsessions and addictions.
BRINGING INTO BALANCE	• We tend to inflate or deflate Sovereign energy when our self-doubt tells us we aren't capable. We tend to inflate or deflate Lover energy when our self-doubt tells us we don't belong. We might believe that we aren't loving enough, or our emotions are too much, we are too needy or we will lose ourselves in intimacy. • When we feel unsafe - in our families, workplaces, relationships and friendships - we deny our emotions, and find it difficult to be in our bodies, in the here and now. Consequently, we abandon ourselves and forget that we can get our needs met in healthy ways.

THE EVOLUTION OF LOVER ENERGY

IN THE SOIL...	• Not knowing how you feel. Self-doubt is high. • Feeling disconnected from yourself (your body, your emotions, memories of the past or dreams for your future). • Overly connected to other people - their drama, emotions, problems and relationships - sense of being enmeshed with other people. • Longing for connection, love and belonging. Believing this is something you can't have.
GREEN SHOOTS...	• Being interested in your emotional life - what are feeling, how does each emotion manifest in your body, can you be with this emotion? What do you need? • Experimenting with self-acceptance - being curious about all the parts of you - the disappointed, bold, needy, shy, proud, angry, loving, jealous, inspirational, wise, grieving, resilient, sexy (and more!) aspects of you. When do these parts show up? What do they offer you? Can you make room for them?
BUDDING FLOWER...	• Consciously and actively accepting yourself – speaking to yourself with kindness and compassion. • Questioning the idea of an 'ideal' self or a 'best' life. • Seeking safe ways to feel belonging, love and acceptance - perhaps in a therapeutic or coaching relationship. Practice allowing yourself to be seen.
FULL BLOOM...	• Honouring your emotional life - feeling your feelings, noticing the nuance, utilising the intelligence offered by your emotions. • Allowing loss and disappointment – changing relationships and connections. • Being open with others - cherishing the intimacy that comes from letting your loved ones truly see you.
EMBODIED LOVER	• Radical self-acceptance - welcoming your needs and emotions, quirks, foibles, shadows and light, past experiences, and potential. In the flow of life - unity with everything - you are child of the universe, no less or more. • Valuing pleasure - seek out ways to create and embody sensory, sexual, and emotional joy. • Connect with others from the heart - allowing people to be who they are, allowing yourself to be real, imperfect, courageous and vulnerable.

- | | |
|--|---|
| | <ul style="list-style-type: none">• Make room for continuous loss and change - allowing people to come and go, for passions to change, for you to develop, transform and evolve.• Lover energy is all about being in the flow of life and embodies the element of water. |
|--|---|

Self-worth: The Warrior

BOUNDARIES – ACTION + ADVOCACY - TERRITORY - EARTH

WORKING WITH THE WARRIOR

Warrior energy is what we draw on to know what is ok and not ok for us, what we expect for and from ourselves.

Warrior is about how we advocate for our own needs, the boundaries we hold and how we act in our lives.

It is also what gives us the courage and strength to expand our territory of influence in the outer world by setting goals and taking action to accomplish them.

Warrior helps us cultivate self-worth, because it gives us the ability to manage time, money, and the other resources required to create a functional life - we are taking action to prove that we matter to ourselves.

We build up our capacity for Warrior energy by taking action that demonstrates we are keeping promises to ourselves and sticking to our commitments. We get to see that we matter - we are real.

For this reason, Boundaries are fundamental to Warrior energy. You know you are in Warrior when you are asking yourself: *'Where do I stand on this? What's ok for me? What's not ok for me?'* This self-enquiry helps us to form a sense of our territory - the space we allow ourselves to take up, and what we allow to happen in that space.

Warrior is also the energy we call upon to communicate our boundaries to others: *'That's not going to work for me.'* Warrior requires us to get our hands dirty! There is nothing theoretical about Warrior.

Of course, for this to be healthy we need to practice understanding that we cannot control how our boundaries are received, nor can we require any other adult to change.

Boundaries are about what WE do, to take care of our needs. Warrior is about doing what needs to be done and feeling the richness of that.

Warrior energy helps us to claim our anger in a healthy way. Anger acts as a gateway to help us understand where our boundaries are. When we listen to our anger - acknowledge it, name it, get curious about why it's there - we can take Warrior-led action: *'This isn't ok for me - what steps do I need to take?'*

There are **huge** advantages of the authenticity of Warrior - when you are willing to draw a line in the sand, people know where you stand. That realness is a breath of fresh air. Warrior energy allows us to claim our space!

WARRIOR ENERGY

UNDER-EXPRESSED WARRIOR ENERGY	• When Warrior energy is low we can feel like we are being walked all over, that our needs are always ignored; as if we have ceased to exist. We might believe that conflict is always bad so we'll avoid anything like confrontation. • Low Warrior energy often leaves us responding passively - excusing and justifying other people's behaviour, or shoving down our emotions by consuming (food, Netflix, drinking, scrolling). We are unlikely to allow ourselves to feel any emotion related to anger (frustration, resentment, disrespected, regret).
OVER-EXPRESSED WARRIOR ENERGY	• Over-expressed Warrior can feel like constant low-level anger that is waiting to blow at any moment. It can also feel like being on high alert at all times. We might be waiting for people to break the rules or do something wrong. • We can have a disproportionate response to any sleight (when we are in traffic, on social media, when someone leaves a wet towel on the bed).
BRINGING INTO BALANCE	• If we are responding with anger, underneath there are often deeper emotions: fear, injustice, powerlessness and shame. If our default response to boundaries being crossed is passive, over time this leaves us feeling hollow and empty. • In some ways we don't exist because we aren't taking a stand for anything, or we don't take up space in our lives.

THE EVOLUTION OF WARRIOR ENERGY

IN THE SOIL...	• Self-doubt is high. Not able to take action. Stuck. • Unable to advocate for your needs - feeling ignored or that you don't matter. Put everyone else needs above yours, ignore, deflect or quash your emotions. • Have no expectations of yourself - no promises, commitment or goals you are honouring. • Desire for a sense of 'realness' in your life - to know what you stand for, what matters to you, what you believe in.
GREEN SHOOTS...	• Recognising anger is a gateway to know what isn't ok for you. Accepting responsibility for feeling this. • Being curious about your ability to advocate for yourself - if you were taking action in alignment with your values, what actions would you be taking today? What do you want to say no to? What would you like to stop doing, or start doing? How would these choices serve you? • Experimenting with taking small, doable, consistent actions (the lower risk the better!). Pay attention to how it feels before, during and after you have taken actions.
BUDDING FLOWER...	• Practising self-advocacy - role play, or write yourself a script for what you want to say, practice how you might say it, how you will stand, what you look like, how you feel when you say what you want to say. • Consciously practicing Boundaries – how can you communicate your boundary - either to yourself or to someone else? • Experiment with a consistent action to honour a promise or commitment to yourself. Offering integrity and value to yourself.
FULL BLOOM...	• Unconsciously valuing your own worthiness; making and keeping promises to yourself without judgement or self-chastisement. • Living within clearly defined, flexible boundaries that support you moment to moment. Clarity around your personal edges. • Able to take consistent action on behalf of the Sovereign to serve the wider vision - expanding the space you take up practically, energetically and psychologically.
EMBODIED WARRIOR	• Action-oriented - doing, saying, developing, building, making even when it's hard - in order to serve our vision for our lives.

- | | |
|--|--|
| | <ul style="list-style-type: none">• Able to advocate for your needs without obligation, expectation, judgement or self-sacrifice. Respectful of others boundaries.• Full of integrity - keep promises and commitments to yourself.• Trusting of anger - acknowledge, feel and positively channel this emotion.• Warrior energy is all about the earth - the territory we claim, the space we take up. |
|--|--|

Self-trust: The Sage

INTELLECT + INTUITION – DISCERNMENT + DECISIONS -
PERSPECTIVE - AIR

WORKING WITH THE SAGE

When we claim our Sage energy, we trust our own wisdom. We value our intuition and our intellect, and we practice discernment - we don't assume everything is true, or that it's true for us.

Our Sage helps us question our thoughts and beliefs, and to be interested in our values, opinions, and preferences, so that we can make choices that feel supportive and aligned to who we are right now.

When we start working with Sage energy, it can feel a bit like 'waking up' to ourselves. Most of our families, schools, workplaces, and communities follow a hierarchical model where knowledge and decision-making power is held by a few people at 'the top'. This has the consequence of leaving us all unpractised in the art of self-trust.

We are encouraged to outsource our decision-making or do what other people do. We simply aren't shown how to value our own wisdom, how to be interested in our opinions, how to trust our ability to choose.

In fairy tales and myths, the Sage is often depicted as a wise old crone, sometimes a witch, who lives outside of the community, she is on the edges living by her own rules.

This is a helpful image because Sage energy is quite dispassionate, unattached and without any morality. Being on the edge allows us to step back and see all the options without judging them.

It can be so freeing to see that we are all actively participating in the creation of our lives - even when we feel trapped or disillusioned or angry about where we have ended up.

When we are being run by our self-doubt, we can believe that someone else has the wisdom we need, or we get so trapped by the idea that there is one Right Answer and we just have to find it. Both responses leave us feeling empty because we make choices based on advice that has been filtered through someone else's worries, fears and doubts.

Embodying Sage energy means we get to trust ourselves. We start to see how the world is - imperfect, messy, flawed humans all trying to figure life out. We get to claim our own wisdom and make choices based on our own preferences.

Accepting the invitation to work with your inner-Sage opens us up to an uncensored life.

SAGE ENERGY

UNDER-EXPRESSED SAGE ENERGY	• When our Sage energy is low we can feel incapable of making decisions; as if we've lost our ability to trust ourselves. Its common to believe you don't know what to do, you may have a hard time recognising options and instead get locked into one rigid way of seeing things. It can sometimes feel like 'brain fog' where the way forward is murky and unclear. • Sage energy can deflate when we feel attacked or criticised, where we can go into flight, fight, freeze response and act from old established beliefs rather than in our best interests in this moment.
OVER-EXPRESSED SAGE ENERGY	• Over-expressed Sage energy feels like there are too many options that you cannot possibly choose. You might feel as though your mind is spinning with too many ideas whirling around; in this state thinking becomes chaotic, fragmented and confused. • When Sage energy is really high, we can also respond by detaching completely, becoming cold, hyper-vigilant and unemotional as a way of trying to control the unknown.
BRINGING INTO BALANCE	• We tend to inflate or deflate Sage energy when our self-doubt tells us we cannot trust ourselves or others. • We respond by either abdicating our decision-making to other people, researching every single choice to death or passively waiting for an epiphany or sign that tells us we are ready (we almost never feel ready).

THE EVOLUTION OF SAGE ENERGY

IN THE SOIL...	• Self-doubt is high. Deep desire for the answers, the 'right thing' to do in any given context. • Sense of confusion about how to be in the world, feeling as though life is done 'to' you, or you are unlucky. Sitting on the side-lines. • Believing you are unable to trust yourself, waiting for the 'perfect' conditions to know what to do. • Unable to trust others, cutting yourself off, judging, criticising.
GREEN SHOOTS...	• Recognising how you might be locked into a way of thinking and self-doubt is protecting you from the consequences of these beliefs. Accepting responsibility for changing this. • Being interested in yourself - what are your ideas, preferences, desires and opinions? • Experimenting with your green shoots of self-trust - being curious about what you do know, what you gut feelings are saying to you, seeing a wider context to each situation.
BUDDING FLOWER...	• Questioning the idea of an ultimate truth - that if you find the right teacher, traditions, philosophy or practice all will be well. What if all knowledge is contextual? • Consciously and actively trusting yourself - paying attention to choices, perspectives and honouring your gut feeling when making low-risk choices. • Actively loosening your grip on old, inherited or distorted beliefs. Recognising the power of seeing your thoughts as options rather than truths.
FULL BLOOM...	• Actively practising discernment - what is true and right for who you are in this moment (you are always learning and growing). • Telling yourself the truth about your hopes, fears, vulnerabilities and disappointments. • Allowing new understanding, truth and wisdom to unfold with each experience, being unattached to the idea of certainty.
EMBODIED SAGE	• Honours both intellect and intuition as different ways of understanding and knowing. • Values resonance – what feels expansive, light, free (intrinsic 'yes'), constrictive, heavy or dense (intrinsic 'no').

- | | |
|--|---|
| | <ul style="list-style-type: none">• Trust in your ability to weigh up the options and make good choices. Able to choose and re-choose.• Agile in taking perspectives - moving from mouse-eye to eagle-eye view and the spaces between.• Generous and wholehearted - ideas, opinions are welcome; you decide what is useful.• Sage energy transcends the earthly rules and embodies the element of air. |
|--|---|

PART TWO

Working with the Compass



Tools for bringing the compass to life

Throughout the SBCA programme, we've been exploring tools and approaches specifically designed to expand the client's self-concept.

For each of the four 'points' of the Compass, there are additional coaching exercises and questions you can use to bring these resources to life.

1. Each has its own guided visualisation to help the client connect and embody this part.
2. There is a creative exercise you can set as homework for the client to bring back to the session and discuss.
3. There are questions to help clients embody and get grounded in their Compass with small experiments - self-belief: intention, self-acceptance: connection, self-worth: advocacy and self-trust: discernment.

CREATIVE PLAY AND METAPHORS

I highly recommend encouraging clients to use creative approaches to bringing these parts into being – they may want to create collages or paintings, or associate the qualities of the compass with an animal, object or value that can represent the meaning each has for them.

GUIDED VISUALISATIONS

Intended outcomes:

To help the client develop a personal connection to their Sovereign, Lover, Warrior and Sage. We always assume these qualities live in the client, even if they have not yet emerged.

Evidence-based context:

Voice dialogue is a therapeutic modality to address specific parts of the psyche by engaging those parts in dialogue.

It can foster healing by allowing people in treatment to communicate with aspects of themselves through guided imagery (among other creative approaches).

This is a non-pathological approach that aims to uncover what is present, not what is "wrong" or missing or has not yet emerged in the client.

Benefits for the client:

- Gentle, creative approach to deepening the connection with the parts that hold self-belief, self-acceptance, self-worth and self-trust.
- Helps the client develop a more balanced awareness of their self-concept. They may also experience improvement in their personal relationships and become better able to express themselves freely.
- Client can begin to access the qualities and strengths of each part – to begin to see how they can experiment with bringing it to life in tangible ways.
- The process helps the client to visualise a specific entity that means something to them.

TOP TIPS:

- Use your discernment in sharing these - its usual for me to share just one aspect of the Compass with a particular client over the course of working together – so don't feel you need to share all of them with every client!
- Encourage the client to be unattached to an outcome – neither of us know what will happen – this is an experiment!
- I have included the script and offered some guidance for the visualisations – feel free to record in your voice - you may want to tailor them for your specific clients.
- Some clients will get a clear visual – it will take the form of some entity (often an animal), for others it will be a beam of light or something else. There is no right answer.
- If clients find it difficult to imagine these parts in the session with you – invite them to listen to the visualisation as homework using the guidance.

You'll find downloadable .mp3's on the learning site, with scripts for you to tailor.

SBCA Coaching Tools: Working with Self-belief (the Sovereign)

The Sovereign is about setting the vision and offering support and encouragement to bring your vision to life. This is how we cultivate self-belief.

BRINGING YOUR VISION TO LIFE

Allow yourself to envision something you want for yourself - from big hairy dreams to smaller goals - the size and scope is nowhere near as important as what this means to you.

You can use any of these approaches to bring your vision into reality - getting your dreams on the page is a way of bringing them into the world.

Sovereign Visualisation

- Remember the visualisation, what did you notice about your life three years from now? Where were you living, what were you wearing, what is your work in the world, what does your life look like? How do you feel? What is your energy like? What are you believing about yourself? What are you doing most days?
- Write down what you remember - bullet points, single words, fully formed ideas - it all counts.

Vision Board

- Create a vision board by flipping through magazines with soft curiosity - notice the images and words that have resonance for you. Keep adding to your vision - let it take shape.
- Notice the people, places, events and activities you are drawn too - what appeals to you?
- Start with where you are - what you don't like about your life right now? What's not working? Ask: if not this, then what? Pay attention to envy and resentment and sadness - this is under-expressed Sovereign pointing to what you *do* want.
- If you get stuck, use the Joy Bucket instead of a Vision Board.

Joy Bucket

- Go buy yourself a red bucket (NB: it can be any colour and won't impact the outcome ;) Put your bucket on your desk or by your bed - somewhere you will see it every day.
- For the next month, every time you have an experience that makes you happy put it in your bucket.
- Happy can feel like = freedom, an expansion, joy, fizzy, yummy, a brain tickle, a sense of rightness, a yes! feeling.
 - If you have a conversation that uplifts you - just write the date who it was with and why it felt good on a note and throw it in there.
 - If there is something in the newspaper that is fascinating to you, rip it out and bung it in the bucket.
 - See a movie or eat something that makes you feel good, daydream on a long drive about your life in 2, 5, 10 years > note in bucket.
 - Find yourself fantasising about leaving your office job to work in a garden, a bookshop, a hospital > note down the details and put it in the bucket.
- There is absolutely no way to do this wrong!
- When it's getting full, empty your bucket on the floor and review everything - you are looking for trends, patterns, clusters of joy that point to what lights you up.
- Make a list of your Joys. What does this tell you about what you want more of in your life?

TOP TIPS FOR COACHING:

- The Sovereign is not interested in 'how' we get there so encourage clients to stay in dreaming mode, to trust there will be time and resources for the how to unfold.
- Encourage clients to share their vision with you – get them to send you a photo of it and spend 20 minutes of a session asking questions – share what you see! This is about 'radical affirmation' acknowledge and appreciate this emerging vision.
- Remind them, the vision is constantly becoming and never complete – it is more important to be interested in what they want for themselves.

HOW USE YOUR COMPASS TO LIVE FROM INTENTION

When we live intentionally, we bring our Sovereign energy into being. We move out of reaction and passivity and claim our Leadership.

Get into the habit of experimenting with intention - you can set an intention at **any given moment** – before opening Instagram, having a difficult conversation, writing a difficult email, getting out of bed, applying for a new job, changing into workout clothes, accessing your bank account, spending time with your kids, attending a meeting, beginning to cook, logging on to a Zoom party.

COMPASS PART	WHAT TO ASK	WHAT TO DO, HOW TO BE
HEALTHY SELF:	What is the best outcome for this situation?	You can set an intention at any time. Just take a moment to feel grounded.
SOVEREIGN: OFFERS ENCOURAGEMENT Self-belief	What do you need to hear right now?	Sovereign energy is unconditional - regardless of what happens, Sovereign believes in you and knows everything can be figured out.
LOVER: CONNECTS TO EMOTIONS AND NEEDS Self-acceptance	What am I feeling?	Be intentional about how you want to feel in the situation. Lover helps you choose the emotions that feel possible to you, given the circumstance. This will help you stay in your body and allow yourself to be present to what you are feeling.
WARRIOR: ADVOCATES Self-worth	What do I need to do?	Warrior makes the intention real through action – what you need to say or do. Start with the safest, most doable step.
SAGE: OFFERS PERSPECTIVE Self-trust	What are my choices?	Allow yourself to see the widest view. Sage helps you to see the options you have for what to say and do based on information and your intellect and intuition.
PROTECTOR: CONSIDERS THE RISK Self-doubt	What is the risk?	Honour your self-doubt. Protector helps you take into account the very good reasons why you might hold yourself back from being intentional.

SBCA Coaching Tools: Working with Self-acceptance (the Lover)

The Lover is about belonging - to our past present and future selves, our emotions and our bodies, to the natural world and to other people. Lover is how we cultivate self-acceptance.

THE LOVE BUS

The relationship we have with ourselves is the foundation to all other connections. So many of us shy away from looking within; we might be afraid of what will come up, or we worry about seeming indulgent. If this sounds familiar, I highly recommend this exercise!

- This is a creative experience - because spontaneity and play are aspects of the fully-expressed Lover - so get your coloured pens out and allow yourself to enjoy this.
- You can use this approach to heal unfinished business with your past selves and to uncover parts of yourself that are waiting to be acknowledged.
- Remember in the visualisation, travelling along the road of our lives, driving our own Love Bus. Your bus contains all of you - your past, present and future selves. All the aspects that make up you.
- Bring to mind the inside of your bus. Who is there? There might be seats for the disappointed, bold, petulant, shy, vulnerable, playful, courageous, frightened, proud, angry, loving, jealous, inspirational, wise, clingy, grieving, resilient, sexy aspects of you. Who else?
- Take a sheet of paper and make a list of all your parts, or draw stick figures or faces. Use colours to express them (you might use pink for Joy, red for Bold). Let yourself have fun.
- Allow the parts of you to show themselves - just allow them to be on board, offer them compassion and understanding, as you would offer a glass of water to a thirsty child.

Once you have your bus filled up - get curious about what this reveals to you:

- Notice how you feel about these parts of you.
- What parts are you happy to claim? What parts feel shadowy? Who is missing? Who is on the side of the road?

- Notice if you feel there is 'unfinished business' with any of these parts of you – what do they need to hear from your Healthy Adult Self?
- Notice the people, places, events and activities that stir up emotions in you now - are there commonalities, patterns, themes?

TOP TIPS FOR COACHING:

- The Lover is about the here and now - what is present in your body - what you are aware of. We are interested in what is flowing through you in this moment.
- Resentment, sadness, envy, longing, shame are always invitations to connect with ourselves.
- We are never done with wanting to belong.

HEART MAP

We are always seeking belonging - ways to be connected with other people – we get to know and meet our needs in relationships. When we do this from a place of self-acceptance, connections are energy giving, reciprocated and supportive.

And because our connections are so important to us, we are often fearful of rejection and disappointment. It can mean that we let people too close to us. We might feel like we are keeping other people happy at our own expense. We can end up connecting with others in an inauthentic way – we become the person we think they want us to be.

The Heart Map is designed to explore the relationships you have in your life right now.

- Make a list all the people in your life: parents, siblings, friends, lovers, spouses, colleagues, clients, Instagram followers, book group, neighbours and other communities – in person or virtual.
- Important: include people you don't like, but who are in your life. Include people you have lost contact with, or the relationship has ended but you think of them often. Include folks you want to have in your life but who aren't here yet (e.g.: loving partner. A baby. A dog. Your next 1000 Instagram followers).

Plot your relationships on your Heart Map (template is stored in the 'Lover' section of the Learning Site):

- Who is closest to your heart? Who gets most of your energy? Who is further away? Who are you not in contact with, but you wish you were? Who is sapping your energy but you wish they weren't?
- What does this tell you?

Create a second Heart Map for your future relationships:

- Consider where you WANT these people to be in relation to your heart?
- Map them out – who feels supportive and energy-giving to you? Who do you want to be closer too? Who needs to move much further away?
- Don't worry too much right now about what has to happen or how, just honour what you would like your Heart Map to look like.

TOP TIPS FOR COACHING:

- You can do this in a session, or have the client complete this as homework for you to discuss.
- Be deeply curious about the changes on your client's second map.
- You can spend the session really looking at the biggest shifts – what would it mean to the client to make these changes? What is possible, who would they be if they made these changes?
- What is the change the Protector has most concerns or worries about? What does the Healthy Self want to say?

HOW TO USE YOUR COMPASS TO FEEL CONNECTED

When we allow ourselves to feel, we bring our Lover energy into being. We accept that we are creatures with needs and emotions; feeling our feelings and meeting our needs is essential for us to thrive.

COMPASS PART	WHAT TO ASK	WHAT TO DO, HOW TO BE
HEALTHY SELF:	What is here now?	You can feel connected at any given moment by 'box breathing' as we did in the visualisation - inhale for seven seconds, hold for seven seconds, exhale for seven seconds, hold for seven seconds.
SOVEREIGN: OFFERS ENCOURAGEMENT Self-belief	What do you need to hear right now?	Allow yourself connections that enrich and enliven you. Sovereigns' vision for your life includes the connections you have with others.
LOVER: CONNECTS TO EMOTIONS AND NEEDS Self-acceptance	What am I feeling?	Create some space inside your figurative bus for this emotion. Offer it a seat. Stay in your body and allow yourself to be present to what you are feeling.
WARRIOR: ADVOCATES Self-worth	What do I need to do?	Honour your boundaries so you can feel safe to be vulnerable. Notice if there a boundary you want to set or an action you want to take.
SAGE: OFFERS PERSPECTIVE Self-trust	What are my choices?	Allow yourself to be discerning about the people and places that are safe to share your feelings with. Sage knows there are no 'bad' or 'wrong' emotions just emotions that are expressed and unexpressed.
PROTECTOR: CONSIDERS THE RISK Self-doubt	What is the risk?	Honour your self-doubt. Notice the emotions, or the parts of yourself you find difficult to be with, the parts you have left on the side of the road.

SBCA Coaching Tools: Working with Self-worth (the Warrior)

The Warrior is about how we advocate for ourselves; it's about the boundaries we honour and the space we take up, and how we take action in our lives. Warrior is how we cultivate self-worth.

YOUR WARRIOR GARDEN

Warrior energy is what we draw on to know what is ok and not ok for us, what we expect for and from ourselves. When we don't know the edges of our territory, we don't have a benchmark for what's ok and not ok for us. In this exercise, we are using the metaphor of a garden to represent your territory - the space you take up in the world. Inside the garden is everything that makes you real.

- Create your garden (using the template provided!). Use colours or create a collage - let yourself enjoy the process of establishing a place where you get to know what is ok for you.
- Once you have a sense of your garden - get curious about what this reveals to you:
- This is your territory - no one gets to come inside the garden unless you say so. Notice if you have a fence, or a gate.
- What parts of your garden are thriving? What needs tending to?
- What are you reluctant to allow inside your garden?
- Notice the people, places, events and activities that stir up any anger about your territory being violated. What is it that they are doing, saying or being that doesn't feel good to you? How would you like to advocate for yourself?
- Notice the ways you might be trampling in your own garden - are there behaviours you find unacceptable in other people that you engage in?

TOP TIPS FOR COACHING:

- This exercise is for getting clear on what is ok and not ok for you - this is about you taking care of you – it has *nothing* to do with anyone else. Notice if you sense any hesitation or worry about the impact on others. Allow yourself to park this for now – we'll look at specific Boundaries work next.

- It's helpful to remember that anger is an important emotion for Warrior - any feeling on the spectrum of anger from mild irritation to white hot rage is a sign that something is not ok for you.
- Healthy Warrior *never* needs to go to war with another person - Warrior is always paying attention and knows when you need to do something to take care of you.

HOW TO SET AND HONOUR BOUNDARIES

A boundary is simply: when you do that, I will do this to take care of myself. That's it! Boundaries are all about you and your behaviour – what you will do:

- Boundaries are nothing to do with anyone else - they are always your personal choice and you set a boundary to change yourself.
- Boundaries do not require anyone else to change anything because they are nothing to do with anyone else.
- Boundaries are also not about saying no. When somebody makes a request of you that you don't want to do, this doesn't require a boundary. It just requires you to say no.
- The reason we don't set boundaries is because we fear what we imagine other people will think about us.
- When someone needs something from you that is unacceptable to you (and you get to decide what this is) boundaries are your greatest ally.

COACHING QUESTIONS TO SET BOUNDARY (TEMPLATE PROVIDED):

- Who is this relationship with?
- What is it that they are doing, saying or being that doesn't feel good to you?
- What is your current response? When this problem happens now, what do you do or say?
- What is the Boundary you want to set? What will you do or say to take care of your own needs?
- What will you gain for yourself by establishing this boundary?
- What are your thoughts and feeling around establishing this boundary? When you imagine following through on your consequence, what are you fearful of?
- How will you know you have honoured this boundary for yourself?

TOP TIPS FOR COACHING:

- Create the boundary from a place of feeling neutral, not in the heat of the moment. You may need to give yourself some space and time to do this.
- Setting boundaries is all about meeting your own needs and if you are going to set a boundary you must be willing to honour your own boundaries. When you honour your boundaries you are creating the environment where you can take care of your own needs within the relationship.

HOW TO USE YOUR COMPASS TO ADVOCATE FOR YOURSELF

Warrior is an active force. Warrior energy is about what we take a stand for, the space we allow ourselves to take up, the action we take. When we advocate for ourselves, we bring our Warrior energy into being.

COMPASS PART	WHAT TO ASK	WHAT TO DO, HOW TO BE
HEALTHY SELF:	What wants to happen?	You can advocate for yourself at any given moment by being aware that something wants to happen for you.
SOVEREIGN: OFFERS ENCOURAGEMENT Self-belief	What do you need to hear right now?	Notice how advocating for yourself in this moment, contributes to the wider vision for your life. This action provides evidence that you do matter, that you deserve your own attention and time.
LOVER: CONNECTS TO EMOTIONS AND NEEDS Self-acceptance	What am I feeling?	There is no rush. Offer yourself some tenderness and compassion. When we can show up to relationships with the courage to be ourselves, and make room for disagreements, disappointment and difference, we get to access real intimacy. Stay in your body, and allow yourself to be present to what you are feeling.
WARRIOR: ADVOCATES Self-worth	What do I need to do?	Get curious about what you want to do or say to care of your own needs. Notice if there a boundary you want to set or an action you want to take. Notice if you just want to communicate your emotions.
SAGE: OFFERS PERSPECTIVE Self-trust	What are my choices?	Allow Sage to generate ideas for the choices you have in how to best advocate for yourself (eg: say something, to decide to leave, to voice your opinion, to laugh it off).
PROTECTOR: CONSIDERS THE RISK Self-doubt	What is the risk?	Honour your self-doubt. Try to quantify any risk – what might happen if you advocate for yourself? How might you end up internalising that risk (e.g.: instead of disappointing someone else, end up disappointing yourself).

SBCA Coaching Tools: Working with Self-trust (the Sage)

The Sage is about trusting our own wisdom - both our intuition and intellect and practicing discernment - we don't assume everything is true, or that it's true for us. This is how we cultivate self-trust. There are two main tools for working with the Sage – one to tap into the body's wisdom, and the other to use the mind's perspective – both are designed to help the client play with discernment and practice self-trust.

YOUR BODY WISDOM

We're all continuously receiving messages from our body but most of us ignore this information because we don't understand the language our body speaks – which is sensations. By ignoring the immense wisdom of our bodies, we miss out on a powerful source of self-trust.

To access our body's wisdom we can create a simple barometer of what your intuitive 'yes' or 'no' feels like from your body sensations:

- Bring to mind a happy memory – something where there is joy and meaning for you. Remember what was happening, who was there, why it was so lovely – allow the memory to come alive. Notice that this memory creates body sensations for you. Notice where in your body you are feeling anything – how would you describe that sensation? Is there a colour associated with it? A texture? If you could reach in and touch this sensation, what do you imagine it would feel like? Can you come up with a name for this sensation (the flying arms, sparkly sunshine). On a scale of -10 to +10 where +10 is the greatest expression of these sensations, how would you rate this memory? This is your intuitive 'yes'.
- Do the same process for a sad or painful memory to get your intuitive 'no'.
- Practice using your Body Compass whenever you have a choice to make. Keep it SUPER simple – when you are choosing a route home, what to have for lunch.
- Imagine yourself choosing option A and tune into how that feels – what rating do you get from -10 to +10? Then do the same for option B.
- After a few days you will begin to notice that the process of tuning in becomes easier.

- Give yourself permission to make choices based on your readings – say yes or no on the basis of what your intuition tells you.
- Notice how you feel when you follow your Body Compass. Notice what happens when you override it. Try and do this a few times a day for a week.

TOP TIPS FOR COACHING:

- In the session where you take the client through this process, invite them to share three things they have to do over the next day/week – include a mix of things for work, home, for the client or for others, for pleasure.
- Take a few tasks one by one and invite the client to picture themselves doing the task. Invite them to notice their physical reactions. Are they experiencing more of the NO sensations or more of the YES feeling? Rate each item with a score from -10 - +10.
- This helps bring the process to life!

DECISIONS AND DILEMMAS

When we can step back from the dilemmas and decisions of our lives, we get to create some space for our Sage to offer us wisdom. This is where we can take different views and perspectives. We get to experience more clarity because we can see the choices we have available to us.

This process is designed to help you see a way through a dilemma or a decision with clarity and trust by taking a wider perspective. You can use this approach to bring insight and clarity to an existing issue, or to bring healing to a situation that is in your past.

Remember the visualisation where you took an eagle-eye view of your life. We are going to create a container for the different aspects involved, so you can stand back and look at the whole thing at once.

Allow yourself to get creative - use coloured pens, post-it notes on a big sheet of paper or a whiteboard:

- Begin by framing the decision or dilemma as a question. It could be 'Why is this friendship so difficult?' 'How do I get myself out of debt?' 'Should I go to grad school?' 'How do I get comfortable with being more visible?' Don't worry about getting it 'right' we just want to have a focus for the process. This question goes at the centre of your container.
- Take some time to write down the thoughts and stories you have about this issue. You are likely to have a lot of different and conflicting stories going on in your mind - some about how the issue took shape, some might be about the possible solution, other people's opinions, memories of similar situations – it's all useful!

- Just get them out - bullet points or full stories - whatever feels the most important.
- For each 'story' distil the central theme into a sentence. Let every perspective have a say - make sure you include the opinions you don't like!
- When you have your sentences plot them onto a blank sheet of paper, a whiteboard or use post-its and do this on a wall. This is the container to hold your dilemma or decision.
- Step back and notice what you see.
- Read the voices out to yourself in turn – is anything missing? Add it in! Make your container as full and complete as you can. There is no rush.
- Take your eagle-eyed view – notice if there is anything familiar about this scene. What or who does this remind you of? Who do these voices belong to? They might be people from your life, or younger parts of you.
- Consult with your Compass points (below). Let them offer more voices and perspectives.
- When the way becomes clear, trust that you'll know what you want to do.

TOP TIPS FOR COACHING:

- This is a great process to go through in a coaching session.
- Encourage the client to let the voices out that feel uncomfortable - acknowledging their existence can help the client make sense of them.
- There is no morality when working with the Sage - in fact it can be really helpful to bring the 'worst option' or 'thing I would never do' out just to recognise you have this choice.

HOW TO USE YOUR COMPASS FOR DISCERNMENT

Sage energy is about knowing in our bones that we can figure things out whatever happens. We get to choose and change our minds. There is no right or wrong choice, just the path we take and there will be opportunities for growth whatever we decide.

COMPASS PART	WHAT TO ASK	WHAT TO DO, HOW TO BE
HEALTHY SELF:	What are my options here?	Consider each choices you have available and stay in your body - notice the sensations that you experience as you imagine following through with each option. Notice any sensations of expansion or lightness (yes) and sensations of constriction or heaviness (no).
SOVEREIGN: OFFERS ENCOURAGEMENT Self-belief	What do you need to hear right now?	Sovereign holds the wider vision for your life. Consider the choices you have and how they might support your vision - it might be that some choices are about a long-term contribution to your vision but will feel uncomfortable in the short term. Notice what support and encouragement you are looking for.
LOVER: CONNECTS TO EMOTIONS AND NEEDS Self-acceptance	What am I feeling?	Be curious about the deeper needs you have. What might need to be restored, or protected – how do you feel about these needs?
WARRIOR: ADVOCATES Self-worth	What do I need to do?	Warrior is holding boundaries of your dilemma - notice what is ok and not ok for you, consider how you can advocate for yourself. When your choice becomes real, start with the safest, most doable step.
SAGE: OFFERS PERSPECTIVE Self-trust	What are my choices?	Sage helps you to see all the options you have for what to say and do based on what you know and feel and sense.
PROTECTOR: CONSIDERS THE RISK Self-doubt	What is the risk?	Honour your self-doubt. Consider the voice of your Protector and the voice or story you have playing in your mind. Notice if this risk is outdated or based on old information, get specific.