

A M A · S E S S I O N 1 O F 2

From Learning to Practice

Integrating the Craft

Confidence, tool selection, the first session, and what to do when clients don't do the work.



What You Told Us

Module 10 survey · 12 respondents · 100% completion · 93.7 hours average engagement

12 / 12

want help integrating what they've learned into a real practice

6 / 12

asked about the first session, intake, sailboat, or tool selection

1

consolidation request: "one place" for tools and resources

Tonight is about turning the protocol into a practice.

What We'll Cover



01 Confidence & tool selection

How ready is ready enough and how to choose among the many tools you've learned.



02 The first session, demystified

A walk-through of intake, structure, and the sailboat metaphor as your unifying frame.



03 When clients don't do the work

A diagnostic and a repertoire of responses – this is where craft and clinical thinking meet.



04 Live Q&A on craft

Bring the question that's been on your mind.

PART ONE

Confidence & Tool Selection

Fewer tools, deeper application.

“ *How confident should we be with the material before deploying it into our coaching practices?* ”

– ANONYMOUS, MODULE 10 SURVEY

The answer comes in three parts

ON THE PROTOCOL

Know the structure well enough to depart from it gracefully. It grounds you and gives you room to respond in the moment.

ON THE STANCE

Plan the arc; stay emergent inside the session. Curious, warm, unhurried; most work happens in the silence after a question.

ON THE ETHICS

Crystal clear on scope. Know exactly when to refer ... that boundary is the foundation of confidence.

Confidence grows from familiarity with structure and honesty about where your learning edges are.

Choosing among many tools

Your QRG names dozens of tools across domains. You don't deploy them all. You match the tool to the moment.

INTAKE

Sailboat Metaphor

Quick well-being check without jargon.

FOCUS

Wheel of Life

Surface imbalances; choose where to work.

STRENGTHS

Reflected Best Self

Build self-efficacy from peer-sourced stories.

CHANGE

Implementation Intentions

Bridge intention to action with if-then.

SETBACK

Compassionate Restart

Recovery script for when clients miss.

MAINTAIN

Three Good Things

Lightweight daily well-being practice.

*Rule of thumb: one tool per session, deeply applied.
Depth tends to open a conversation; breadth can close it down.*

PART TWO

The First Session, Demystified

Intake, structure, and the Sailboat Metaphor as your unifying frame.

Before Session 1: The Intake Packet

Two short forms that signal the work will be structured and respectful of everyone's time.

CLIENT CONTACT FORM

- Name, contact details, etc.
- Occupation & current role
- Emergency contact
- Currently working with a therapist?
- Primary care physician (optional)

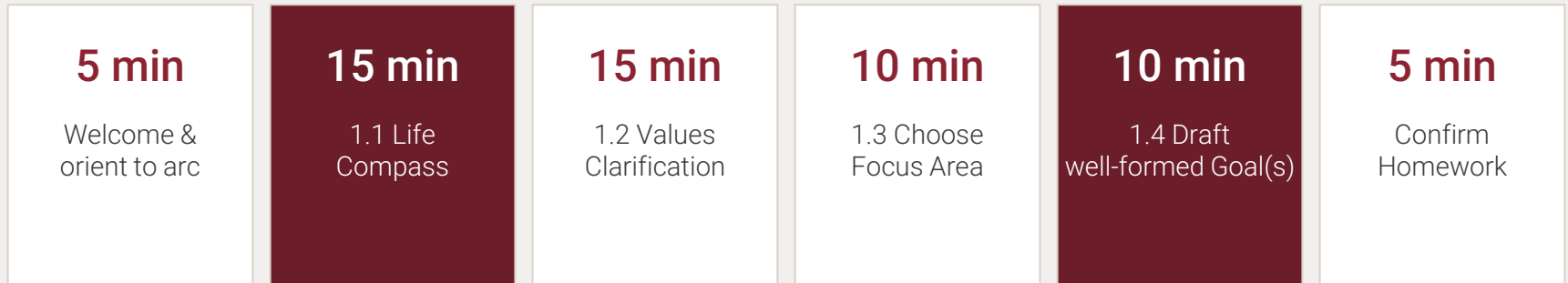
INTAKE QUESTIONNAIRE · 10 ITEMS

- Why coaching, why now?
- What do you want true in 6 months?
- Most alive area / most stuck area
- Life satisfaction & energy (0–10)
- Current mental health concerns
- What does support look like at its best?

The questionnaire surfaces what needs referral before you ever meet.

The 60-minute First Session

From the Practitioner Manual – Session 1: Values & Goal Setting.

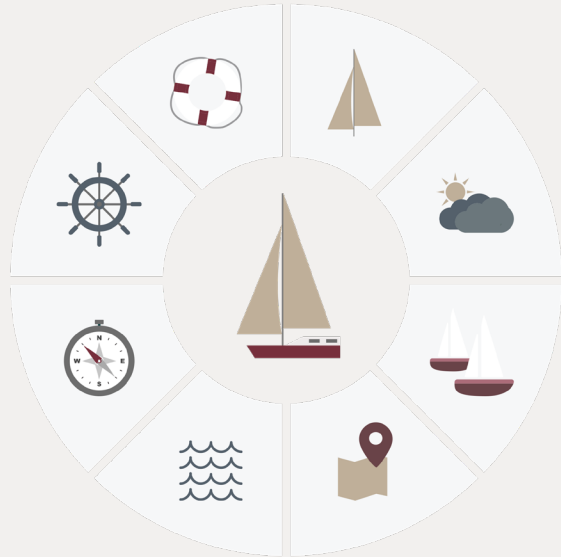


OUTCOME

A chosen focus domain, top values surfaced, and a goal alive enough to read aloud at a 7+/10.

The Sailboat Metaphor as a Unifying Frame

From the QRG – every coaching domain has a place on the boat.



SAILS Strengths	STEERING WHEEL Values
COMPASS Emotions	LEAK Weaknesses
OTHER BOATS Relationships	WEATHER Events
WATER Life domains	DESTINATION Goals

Use it during intake: "What's the current status of your sailboat?"

Case study: Maria, 47, mid-career professional

She booked coaching saying "I don't know what I want anymore." Here's what the sailboat surfaced.

WATER (DOMAINS)

Career rated 7/10 — but felt 3. Health 4/10.
Relationships unmentioned.

STEERING WHEEL (VALUES)

Top values (mastery, contribution) hadn't been alive
in her work for 18 months.

SAILS (STRENGTHS)

Curiosity and mentorship surfaced ... both dormant in
her current role.

DESTINATION (GOAL)

"Find what's next" → reshaped to: "Run one
mentorship conversation per week for 8 weeks."

The metaphor exposed misalignment without ever using clinical language.

PART THREE

When Clients Don't Do the Work

It's almost never a willpower problem.

The four reasons clients don't follow through

From the Practitioner Manual, Session 4. Diagnose first; respond second.

INTERNAL STATES

Low energy, low mood, anxiety. The behavior was right; the client's nervous system wasn't.

Response: *Shrink the behavior. Reintroduce the floor version. Don't escalate.*

INTERPERSONAL FRICTION

Other people's needs, expectations, or quiet sabotage made the behavior expensive.

Response: *Map the relationships involved. Build an if-then for the predictable interruption.*

ENVIRONMENTAL DESIGN

Travel, missing equipment, broken routine. The world stopped supporting the behavior.

Response: *Re-anchor. Find a stable existing routine and re-tether. Don't rely on time alone.*

IDENTITY STORY

"I'm not the kind of person who does this." The behavior conflicts with how they see themselves.

Response: *This is the deepest one. Surface the story; don't argue with it. Often a strengths reframe helps.*

"I didn't do it" is data often pointing to how the environment was set up, as much as anything else.

