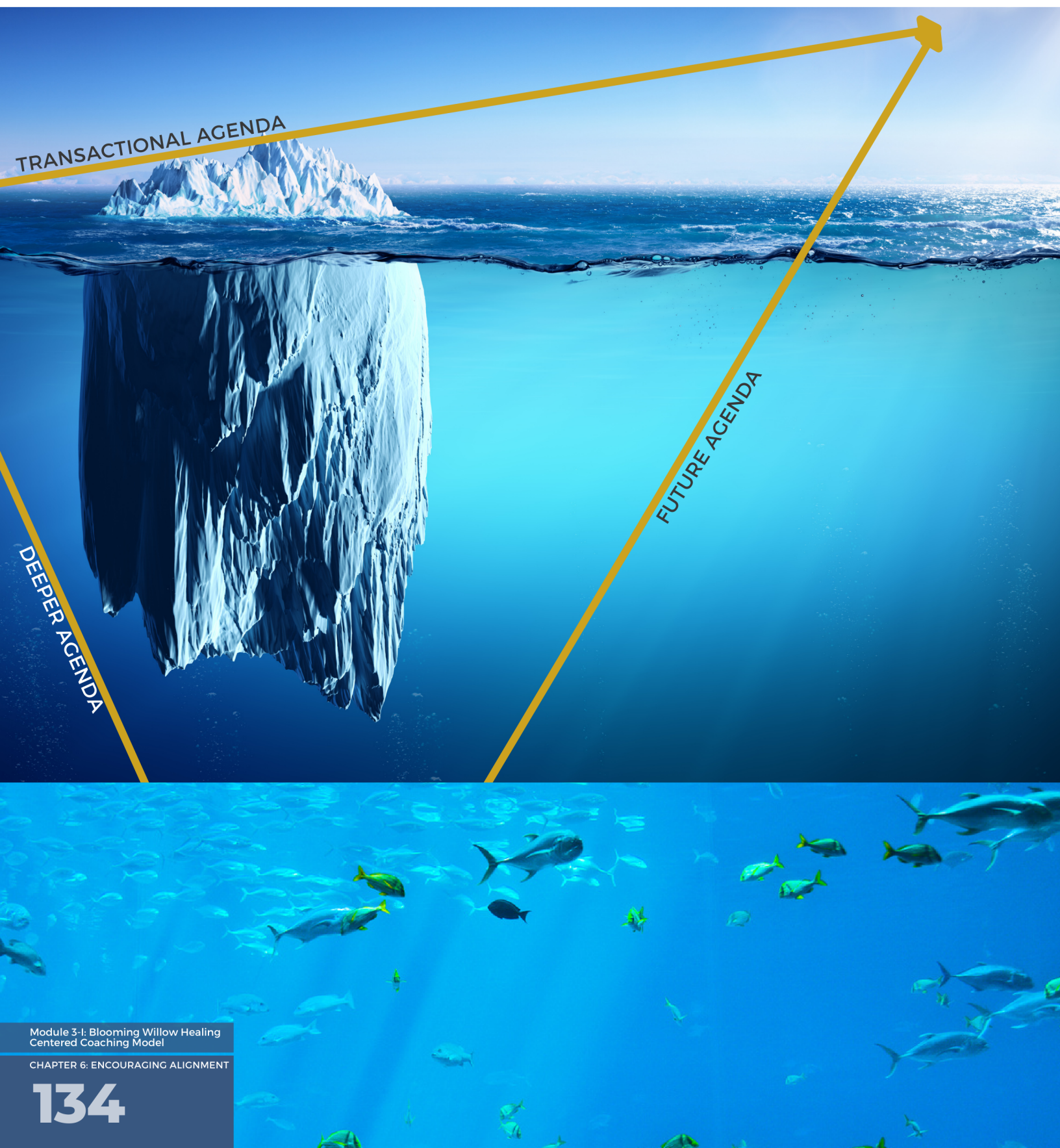


EXPLORING THE 3 CLIENT AGENDAS: TRANSACTIONAL, DEEPER, FUTURE



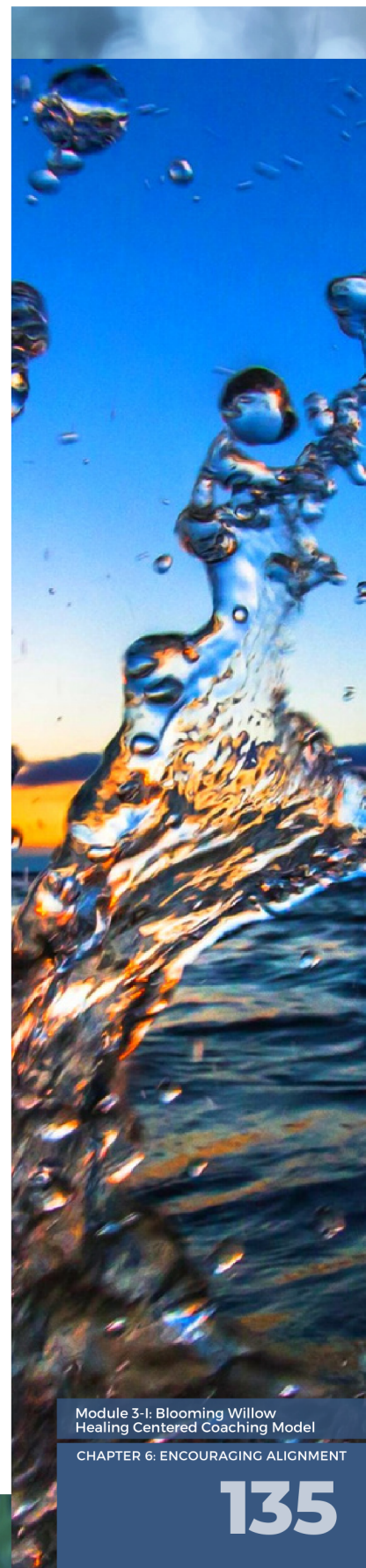
AGENDA 1: TRANSACTIONAL

The Transactional Agenda

The Transactional Agenda is contained within the top layer of the iceberg, which means that our clients are typically most in touch with what is happening at this level.

This is captured in the coaching session when the client answers the question, "What do you want coaching on during this session?" The client's response to this question becomes the Transactional Agenda for the session. The Transactional Agenda provides insight into what the client is noticing that they want to pay attention to in their lives. It also gives us information on the area(s) in which the client wants to move, and find clarity and strategies that support them to act. On the surface, it can appear to be the only agenda the Healing Centered Coach should pay attention to during the session as it's the one the client names first. However, Healing Centered Coaches should be aware that when the focus solely on the Transactional Agenda, the session is only surface level and does not reach to the depth required to invite Healing Centered Coaching. Here are a few questions that coaches can ask about the Transactional Agenda:

- **What do you want coaching on today?**
- What's the lesson for you in this situation?
- How have you been showing up?
- What would growth look like for you in this area?
- How are you taking care of yourself in this process?
- What would you want to happen?
- How is it impacting your life?



AGENDA 2: DEEPER

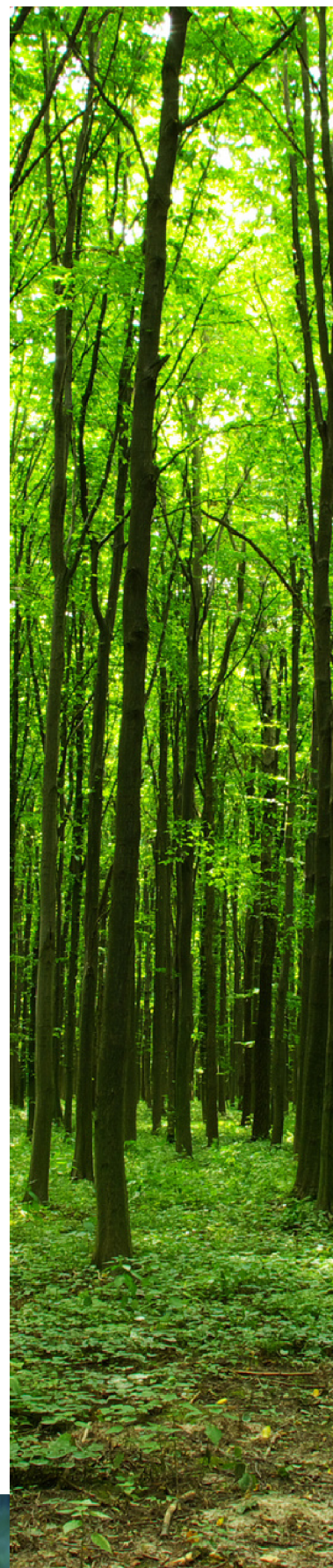
The Deeper Agenda

The Deeper Agenda represents what is beneath the surface of our client's agenda, which includes all of their conscious and subconscious feelings, values, and beliefs that influence their actions and behaviors.

This agenda is where the healing process for our clients begins, when they are able to move to a place of deeper exploration around their topic of choice. We invite the clients to lead the exploration to the Deeper Agenda by asking the question, "What's important about [their topic of choice]?" Their response provides deeper insight into how they may be feeling in connection to the topic, where they may be noticing they are not aligned and what their present wise-Self is communicating about the situation. Working with clients on the Deeper Agenda requires that coaches give themselves permission to encourage the client to Pause and focus inward as they explore what lies beneath the surface. Healing Centered Coaches invite clients to this agenda to support them in gaining new insight, clarity, and awareness of what lives in the deep. The following are a few questions that coaches can ask about the Deeper Agenda:



- **What's important about this?**
- What's underneath all this?
- What beliefs are impacting your ability to grow?
- What feelings come up as you think about this situation?
- How are your values being honored/dishonored?
- What would shift if you knew what you wanted was possible?
- How has [insert emotion] influenced how you are showing up?



AGENDA 3: FUTURE

The Future Agenda

The Future Agenda serves as a reminder that our client's agenda for the session includes an opportunity for them to connect to what's next in their lives, beyond the session.

This agenda is invited into the space when coaches ask questions that generate answers to who they are becoming, what's next, what's evolving, how they want to grow, how they want to heal, etc. These big questions are an opportunity for the client to get curious and invite their wise-Self as a guide to provide insight on their growth and healing journey. While the Future Agenda is present in every session, it typically won't emerge without the invitation from the coach to the client. Therefore, coaches are encouraged to weave in questions about the Future Agenda as they facilitate Healing Centered Coaching sessions with clients to support them to stretch, gain insight, and connect to the big picture. This invites them to step into their future selves while also building momentum and energy as they stretch into action. The following are a few questions that coaches can ask about the Future Agenda:

- **How is this [coaching topic] connected to who you are becoming?**
- What would healing look like for you to move forward powerfully?
- How are you evolving/growing?
- What would your future self tell you to do about this situation?
- How would you like to grow and heal?
- What do you want to shift in your life?



Adapted From: *Coaching for Transformation: Pathways to Ignite Personal & Social Change 2nd Edition* by Martha Lasley, Virginia Kellogg, Richard Michaels, Sharon Brown

Module 3-1: Blooming Willow
Healing Centered Coaching Model

CHAPTER 6: ENCOURAGING ALIGNMENT