

Team Coaching Essentials: The Art of ^(THE) Unfolding

Reflective Prompts for Coaches and Teams

1. Deepen Our Presence

For the Team:

- When have you felt fully present with your team, and how did that shift the level of trust in the group?
- What practices help you ground yourself so others experience you as steady and trustworthy?

For the Coach (Self):

- When do I notice myself most present as a coach, and how does that presence shape trust with my clients?
- What practices help me stay grounded so I show up as steady and authentic in my coaching?

2. Stretch Our Listening

For the Team:

- What voices, perspectives, or signals might your team not be hearing right now?
- How do you personally know when you're truly listening versus preparing to respond?

For the Coach (Self):

- What am I listening for that might limit what I actually hear from my clients?
- How do I know when I am fully listening — to words, emotions, energy, and silence — rather than preparing to respond?

3. Strengthen Our Practice

For the Team:

- What daily or weekly practices could your team commit to that would strengthen how you work together?
- If your team fully dared to “unfold into who you are becoming,” what might you see yourselves doing differently six months from now?

For the Coach (Self):

- What practices or disciplines do I need to strengthen in myself to serve clients and teams at a higher level?
- If I dared to fully “unfold into who I am becoming” as a coach, what would I be doing differently six months from now?

