

Spiritual Integration Coaching Practice Reflection Checklist

THIS PLAN IS TO BE USED IN CONJUNCTION WITH THE COACHING PRACTICE REFLECTIONS CHECKLIST - ALL THE ITEMS ON THAT CHECKLIST ARE AS VITALLY IMPORTANT FOR SE/E CLIENTS AS NON-SE/E CLIENTS.

Circle relevant option

Phase 1: Developing an Understanding of the Client's Experience

I understand my client's experience from their perspective YES NO N/A

- I understand how my client experienced(s) their experience(s)
- I understand how the client's experience is affecting their relationship to their values and meanings
- I understand my client's spiritual orientation and/or their questions around their spiritual orientation if applicable
- I understand the challenges my client is facing, including shifting identity concerns and the "What are you waking up to?" question
- I understand the changes my client has experienced so far
- I am aware of my client's use of language to describe their experience, their relationship to divinity, and their spiritual orientation, and I am using their model of the world/cosmos/spiritual orientation in the coaching conversation

I have identified my client's basic needs YES NO N/A

- I have partnered with my client to identify their current basic needs
- I have partnered with my client to brainstorm acceptable solutions to those needs
- I have provided my client with potential resources if necessary
- I have followed up with my client to determine if their needs are being met and empower them in modifying the plan if necessary

I have identified all the concerns my client is willing to share YES NO N/A

- I have partnered with my client to identify their concerns and questions about what has happened to them.
- I have partnered with my client to identify who is important to share their experience(s) with
- I provided information to my client about how to safely share their experiences
- I have provided my client with referrals to other professionals to empower and support them to receive the necessary support and/or treatment that may provide stabilization and address potential physical issues

Phase 2: Coaching to Reconciliation

I have identified my client's goals for understanding YES NO N/A

- I have partnered with my client to explore how they now define the truth or refine their questions to point them to the source of the answers
- I have partnered with my client to identify their meaning questions, i.e., "What does this mean?" "Why me?"
- I have offered my client exercises to connect to their inner teacher to get answers to their questions (not all clients will want this as they may be wary of more "out-there" or unexplainable experiences. They may want to do so further along in the coaching engagement, or they may never choose to connect with their inner teacher)
- I have partnered with my client to identify other reputable sources of information
- I have partnered with my client to reexamine their values and to understand what it means to them to have shifted values if applicable

- I have partnered with my client to explore potential value conflicts and supported and empowered them to have information-seeking conversations with necessary others when they are ready and stable to do so
- I have partnered with my client to identify the dilemmas or crises of identity and meaning

- I have partnered with my client to examine what is still important and of value in their “pre-experience or pre-emergence” life that they want to preserve
- I have partnered with my client to brainstorm potential ways to preserve what is important while maintaining space for their exploration and integration
- I have provided my client with potential resources as necessary

Phase 3: Exploring the Context of Living in Two Worlds

I have identified the context for my client’s concerns **YES** **NO** **N/A**

- I understand what my client’s truths are about the differences between their “worlds”
- I understand what challenges my client faces if they are attempting to stay connected to the source of the experience and stay grounded in the human experience
- I have partnered with my client to brainstorm ways of staying connected to both in a way that meets their goals for this phase
- I have explored the client’s questions around this topic

I have empowered my client to identify small actions **YES** **NO** **N/A**

- I have partnered with my client to identify how they want to live out new values or new aspects of their identity that are shifting
- If they have already taken action before coming to coaching, I have explored what is working well and what is not
- I have partnered with my client to identify the small actions they can take that would bring them the greatest alignment to their truth
- I have followed up with my client as they take small actions to determine the outcome, sustainability, and what they have learned about themselves and to determine if adjustments are necessary

Phase 4: Negotiating a coaching (integration) plan

I have empowered my client to determine what they want to integrate **YES** **NO** **N/A**

- I have partnered with my client to determine what aspects of their personality they would like to develop
- I have partnered with my client to determine what conversations they need to have and with who, and the outcomes they would like to support
- I have partnered with my client to determine how any potential new beliefs and values will change their lives if enacted and how they want to accomplish that
- I have partnered with my client to develop an understanding of their place and purpose for their life
- I have partnered with my client to determine their soul needs (as listed on page 23 of the workbook)
- I have partnered with my client to determine the developmental tasks of the soul, advanced areas of mastery, or spiritual lessons to overcome they feel led to work on in coaching or with other helping professionals
- I have partnered with my client to identify the inner tools they want to develop to help them build a new foundation for life moving forward (page 26 of the workbook)

- I have partnered with my client to identify and define the cornerstones of their new foundation for living (page 26 of the workbook)
- I have partnered with my client to identify any possible callings
- I have partnered with my client to identify what sustainable change means to them