

# coaching tools

DISCOVER CREATIVE AND INNOVATIVE WAYS TO ENLIVEN AND **REFRESH** YOUR COACHING BUSINESS.



## “I am...” Cards

“I am...” statements are powerful whether they convey a positive emotion or a negative one. As coaches we focus on inviting, encouraging, championing, jumping up and down and fanning the flame of the positive ones. The “I am...” Cards can help. They offer a simple way to develop a regular habit of positively affirming oneself.

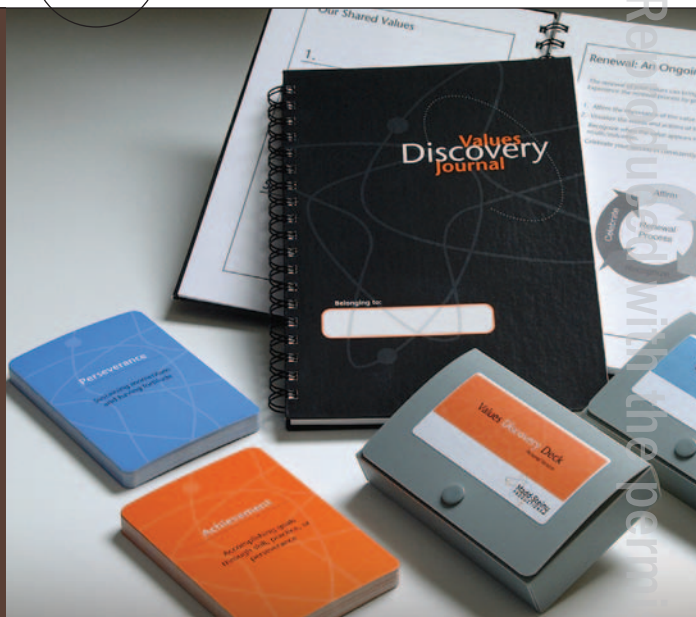
There are 150 statements to choose from, such as: I am relaxed, I am unfolding, I am powerful, I am

dependable. Encourage your client to choose an “I am...” statement each morning and hold it throughout the day. Or, start a session with an “I am...” affirmation from the deck and explore what it means for your client. A simple positive “I am...” statement is a small step that can lead to big changes.

## Creativity Coaching Cards

The *Creativity Coaching Cards* by Pam Horner invite the user to tap into the universal flow of creativity and live a more creative life.

There are 22 colorful cards with titles like Inspiration, True Colors, Vision and Cutting Edge. This is not your typical deck of cards — it is more of a card flip book. The fun thing about a flip book format is that you can start anywhere. I opened to True Colors. It has colorful original artwork by Pam Horner and a question: “What’s your style?” On the reverse side is a series of inquiries and tasks related to exploring style. For this particular card, task one is about creating a collage, task two is about exploring the themes in your collage, and task three is a journaling exercise. Each card is like a mini-workshop. Consider using *Creativity Coaching Cards* to inspire a workshop, enliven group coaching or use as a source for creative homework.



## Values Discovery Deck and Journal

As coaches we know that commitment to core values can lead to a deep sense of fulfillment and success. The *Values Discovery Deck and Journal* are wonderful tools to facilitate that process. Originally designed for a corporate market to facilitate performance coaching and team development, they are adaptable to any setting.

There are two versions of the *Values Discovery Deck*, a personal version and a cultural version. Each card has a value and a brief definition on the front and an inspirational quote to deepen understanding on the back. You use a card sort process to hone in on your top five values. The cultural version is designed to be used with teams or any type of social system, such as families. The creators, Georgine Madden and Lynae Steinhagen, recommend using both decks in group settings as it is helpful to understand one’s own values in the context of the group or team’s values. The *Journal* is designed around a 21-day process of reflection and inquiry to deepen understanding and commitment to the values chosen. A perfect fit for coaching of any sort.



By Marcy Nelson-Garrison, MA, CPCC

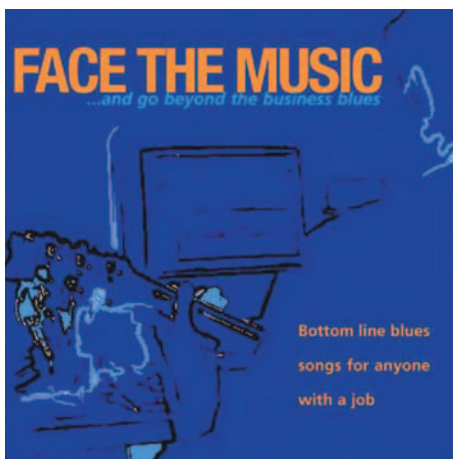
## The Coaches Console

### Face The Music...and go beyond the business blues

Imagine opening your next training event with a little rhythm and blues.

Participants are smiling, tapping their feet, and maybe even rocking a bit in their chairs. You've definitely got their attention. The *Face The Music* CD allows you to do just that. Each song speaks to a specific work topic. What a perfect way to open up discussion, get people out of their heads and moving beyond complaints. Let the music entertain, diffuse stress, boost morale and be a catalyst for some real change.

The musicians are organizational consultants and describe themselves as an interactive corporate blues band. Here are just a few of the titles on the CD: 24/7, The Buzzword Blues, Glass Ceiling, Cycle Time and, my favorite, Overcommitted Blues. Here's a fun bluesy line from a song called Busy-ness Communication Blues: "Call me, beep me, page me, email right away, I've got a call at three and I don't know what to say." Now, imagine singing it, blues style. It shifts the energy, doesn't it? This makes a fun gift for your corporate clients or anyone with a job.



How you manage the details of your business (client data, notes, invoicing, scheduling, etc.) can really impact the level of success you enjoy. Of the growing number of software and web-based products now available to help, *The Coaches Console* stands out. Since *Coaches Console* is a web-based system, you can access your client data from anywhere. The company has been around for four years listening carefully to what coaches want and designing to meet our needs. It is well designed, intuitive and they offer great customer service and training.

They've thought of everything. You can enter session notes, send invoices, schedule clients, email a recap of a session, review any forms you've asked your client to fill out, track client goals, fully customize the many interactive forms available and track your hours for certification. Your clients can also fill out their discovery/intake materials, call prep or call strategy form and even schedule themselves — all online. The scheduling feature alone is a real timesaver. Whenever a client submits a form the coach is automatically notified by email. You can even set up email reminders to clients for an upcoming session that includes a link to their prep form. Can you feel the sense of freedom *The Coaches Console* will create for you? More time for the work you love.

Links to products reviewed in this column are available at [www.coachingtoys.com](http://www.coachingtoys.com)

*Marcy Nelson-Garrison, MA, CPCC, is a coach and the president of Coaching Toys Inc.*