

HOW TO BE A

CLEAR
MIRROR

CHECKLIST



KUN | كُن
PROFOUND TRANSFORMATION

WHAT YOU'LL LEARN

**"THE
CLIENT IS
THE
WISEST
PERSON IN
HIS OWN
LIFE"**



METHOD

The majority of coaching methodologies are objective based. They focus on a client's goal or challenge. We look at it differently. Our focus is on the human, instead of the objective. The client is the wisest person in his own life. We should have full trust that he is able to reach his destination all by himself. The only thing we as coaches need to do, is being a clear mirror to the client. By doing this the client will expand his awareness and lead himself in the right direction.

THE CHECKLIST

On the next few pages you'll find the checklist and an explanation of all the items mentioned in the list. We advice you to print the checklist, hang it somewhere you can see it clearly and read it each time before you enter a new coaching session with your client.

You'll start to notice your clients will lead you to their desired destination as their awareness expands.

CHECKLIST

- ✓ **HAVE A FREE MIND**
- ✓ **HAVE CLEAR INTENTIONS**
- ✓ **HAVE AN ACTIVE SENSORY PERCEPTION**
- ✓ **SHARE YOUR OBSERVATIONS**
- ✓ **USE CLEAN LANGUAGE**
- ✓ **HAVE THE CURIOSITY OF A CHILD**

1. HAVE A FREE MIND

To have a free mind, is to have a mind that's free from any distractions that could clutter the mind during coaching. It's free of any past-related or future-related thoughts. Free from any form of judgement or expectations, may it be expectations you have about your client or expectations you have about yourself as a coach. Take a minute to clear your mind before you start coaching.

2. HAVE CLEAR INTENTIONS

Do not start your coaching sessions with the intention of helping the client solve their situation. By doing this you put a lot of pressure and focus on yourself as a coach. Instead set the following intention: "How would the client help themselves to grow beyond their situation?"

Now the sense of responsibility is lifted from your shoulders, allowing you to be and feel more free in your coaching conversation. By setting this intention the client will be in the driver's seat.

3. ACTIVE SENSORY PERCEPTION

To be present is to experience life from a real-time perspective, perceiving the maximum amount of sensory information. Pay attention to the sensations that emerge when you're present with your client. Once you're sitting with a client, try to sense how he feels and what you're sensing about this in return. Next, try to highlight the emotions that are resonating with your sensations. This will only work when you have a clear mind, you do not want any outside information influencing your sensations. As long as you have a clear mind your sensations will always be in response to your client

4. SHARE YOUR OBSERVATIONS

After you've done the above step, share what you are sensing and feeling to your client as an observation without attachment. For instance: "As you were talking about this, I noticed there was tension in your body. I feel there's something in it for you. Maybe I'm wrong, maybe I'm right, what do you think about this?" It's always up to the client if he resonates with your observation or not.

5. USE CLEAN LANGUAGE

Clean language is a very simple questioning system that was developed by David Grove. It's all about asking curious and caring questions that are clean from your own shadowing. Clean from the words you prefer to use, clean from your level of sophistication, clean from your accent, clean from you. It's not about you, it's about who you are listening to. By using clean language, you'll make your client feel as if you're part of his world, which will allow him to open up to you more.

6. THE CURIOSITY OF A CHILD

The curiosity of a child is an unconditional curiosity. It's not about saying the right things and asking the right questions. It's about being genuinely curious. Asking questions without being attached to a certain answer. Without having an agenda of leading your client somewhere. Asking questions from a leading perspective, will make the client more reserved. Asking questions out of genuine curiosity will have the client open up in a way he hasn't done before. Try it, it's fun.

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