

Deepening your intimacy... Strengthening your commitment



- Outside on the grounds of MiKo's Guest House, December 2020

Couples Coaching Package while staying at MiKo's Guest House

Prewrite Prior to arriving at MiKo's Guest House:

1. Complete the **Saboteur Assessment online** (identifies the way your inner critic shows up.... the ways you primarily self-sabotage yourself, and at times, your relationship)
2. **Values Clarification Exercise – Part 1 – Peaks & Valleys.** May be done in-person on the first day of your arrival; or via a 3-way Zoom call ahead of your arrival. Your choice. Allow 1.5 hours for this exercise.

Onsite at MiKo's Guest House, Vashon Island, WA (booked separately via Airbnb @ <https://airbnb.com/h/mikosguesthousewithhottub>)

Meet 3-way in-person (socially distance to your comfort level; inside or out) for:

- a. **Coaching Session I:** Facilitated coaching discussion about your impressions, findings and insights gained from #1 and #2 above (including conducting the Peaks & Valley Exercise if not done remotely prior to arrival; allow 1.5 hours for Values Clarification Exercise.) Demonstrating and practicing PQ Reps as a grounding ritual whenever you want to feel more Sage-like, and less critical, judgmental or stressed towards yourself or your partner.
- b. **Coaching Session II:** (can be a continuation of **Coaching Session I**, or scheduled at another time) More PQ Reps.... Then an explanation of the **Values Clarification Exercise Part II** – complete the questionnaire of

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reflective questions, individually, in private, and in solitude (allow 1-2 hours on your own to complete the questionnaire)

- c. **Coaching Session III:** More PQ Reps, followed by a facilitated coaching discussion with both of you, as you share your answers to your confidential questionnaire and identify areas of further exploration, growth, and development in service of yourself and your relationship.
- d. **Coaching Session IV:** On your final day from this time spent together, you'll practice more PQ Reps and then a final facilitated coaching session, reflecting and integrating on all that you have learned/re-learned /discovered from all of the above.

Next steps: Continue the practice after departing from MiKo's Guest House.

Continue deepening your relationship with yourself and your partner with the **8-week PQ Mental Fitness Growth Mindset Accelerator** to continue to integrate PQ Reps into your daily life, while addressing your Saboteurs and building you Sage muscles.

Includes:

- Positive Intelligence App - iPhones or Androids (***Retails for \$995 USD***)
- Saboteur Assessment (online) (***already completed above***)
- Prompted mental fitness & mindfulness practices, called "PQ reps" – minimum 15 reps per day
- Daily reflection, journaling
- Weekly videos w/ Shirzad Chamine, MBA, Stanford lecturer/author of PQ
- Positive Intelligence audiobook (or PDF of hard copy)
- Weekly 30-45 min Accountability Pod (Group) Meetings / 1st GROUP session is 60 minutes for a "Discover My Top Values" interactive exercise (***already completed above***)
- Bi-weekly 1:1 coaching sessions with Coach Karen, approximately 4 coaching sessions (45-60 minutes)
- Regular WhatsApp/text/email check-in for e-Coaching questions, support, Q&A, content clarification

Call or text us for our rates. (206) 679-1389



Karen du Four des Champs, PCC, CPCC, ORSC, COF, PQ Coach

<https://www.innercor.com/karen>

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KEY DEFINITIONS

GROUP: a collection of people with something in common

GROUP COACHING: partnering with a group of individuals who share a common interest, learning experience, or skill where the coach and other group members offer support and inspiration to maximize individual abilities and potential

TEAM: a group of people with a common purpose and shared goals, who work interdependently in a shared context

TEAM COACHING: partnering in a co-creative and reflective process with a team and its dynamics and relationships in a way that inspires them to maximize their abilities and potential in order to reach their common purpose and shared goals. Team coaching coaches the team. It is not addressing leader behavior.

TEAM FACILITATION: engaging a team through guided participation to discover, foster and apply insights to enhance team processes and effectiveness

Reprinted from the ICF's video *The ICF Team Coaching Competencies: Empowering Team Coaches to Unleash the Power of Teams*, published December 2020
<https://vimeo.com/477874965>