

Constructive coaching calls have a natural rhythm and flow. Following are 9 key elements to enable you to have impactful coaching calls with your clients.

<b>1. Connection</b>	<b>2. Reflection</b>	<b>3. Focus</b>
<p><b>Action:</b> Ask: how they're doing, pull on threads from previous calls, connect dots.</p> <p><b>Outcome:</b> Creates safety, intimacy, and lets your client know that this call is all about them.</p>	<p><b>Action:</b> Ask about their past week (or month), and the work they committed to.</p> <p><b>Outcome:</b> This sets expectations and helps gauge the level of readiness they bring to the call.</p>	<p><b>Action:</b> Ask something like: "So what would be the best use of our time today?"</p> <p><b>Outcome:</b> Brings purposeful attention to the call and shifts the responsibility where it belongs: with them.</p>
<b>4. Process</b>	<b>5. Reframe</b>	<b>6. Refocus</b>
<p><b>Action:</b> Start the coaching process, e.g., asking questions, clarifications, digging deeper, redirecting.</p> <p><b>Outcome:</b> Opens their hearts and minds to greater understanding, deeper insights.</p>	<p><b>Action:</b> Reframe viewpoints and perspectives, gently challenge unhelpful narratives or conclusions.</p> <p><b>Outcome:</b> Shift in their energy and attention, new insights, new perspective.</p>	<p><b>Action:</b> Refocus their attention toward new pathways and options they may not have considered.</p> <p><b>Outcome:</b> Empowers your client to think in new ways.</p>
<b>7. Reimagine</b>	<b>8. Takeaways</b>	<b>9. Commitments</b>
<p><b>Action:</b> The client begins to reimagine possibilities, and opens new doors.</p> <p><b>Outcome:</b> They discover their own brilliance, they feel empowered.</p>	<p><b>Action:</b> Ask: "What stood out for you today?" "What concepts were sticky?"</p> <p><b>Outcome:</b> Your clients get into the habit of reflection as a key to their growth.</p>	<p><b>Action:</b> Ask what they are willing and capable of doing before the next call?</p> <p><b>Outcome:</b> Client is taking steps toward self-care and autonomy.</p>

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