****

[States of Being Site](http://statesofbeing.net/)

**Coaching Session Notes Template**

**States of Being we engaged in today highlighted in green: See the Higher Self (Coach to assets). Honor Story (Listen). Be Curious (Ask nonjudgmental questions). Be Bold (Hold their hand while you hold their feet to the fire). Be Present (Remain Unattached to Outcome). Be compassionate (Walk in their shoes). Interrupt Patterns (Notice repetition). Acknowledge Mystery (Trust intuition). Quiet the Ego (Check in before checking out). Appreciate that Everyone has a piece of the Truth (Gather perspectives). Imbue Others With Their Own Intelligence (Help them connect the dots).**

**7EQs we engaged in today highlighted in yellow: How are we beginning with Self to examine implicit and explicit biases? What does an equitable school look, feel, and sound like for students, staff and families? How are we creating a sense of belonging? How are we creating conditions for students, staff, and families to feel free to be authentic? What are we doing to inhibit this? How are we noticing and acting upon opportunities to interrupt systemic and structured racism, classism, sexism, and gender discrimination? How are we actively creating equitable schools, organizations and communities?**

**Name…Date**

**4-count Inhale** (What do you need more of? Ex: peace, joy, focus)

**8-count Exhale** (What do you want to send out into the world? Ex: compassion, joy)

**What success, big or small, have you recently had?**

**Or: Narrow the frame to an area of development**

**What you did to make that happen. (**Capture the strengths you hear in present tense**.)**

**Read each strength back and ask: Do you know how I heard that strength?**

**What challenge or problem do you want to solve?**

**Which strengths from the list above and/or previous strengths can you call on to solve the problem?**

**What’s clearer to you now?**

**Inhale**

**Exhale**