

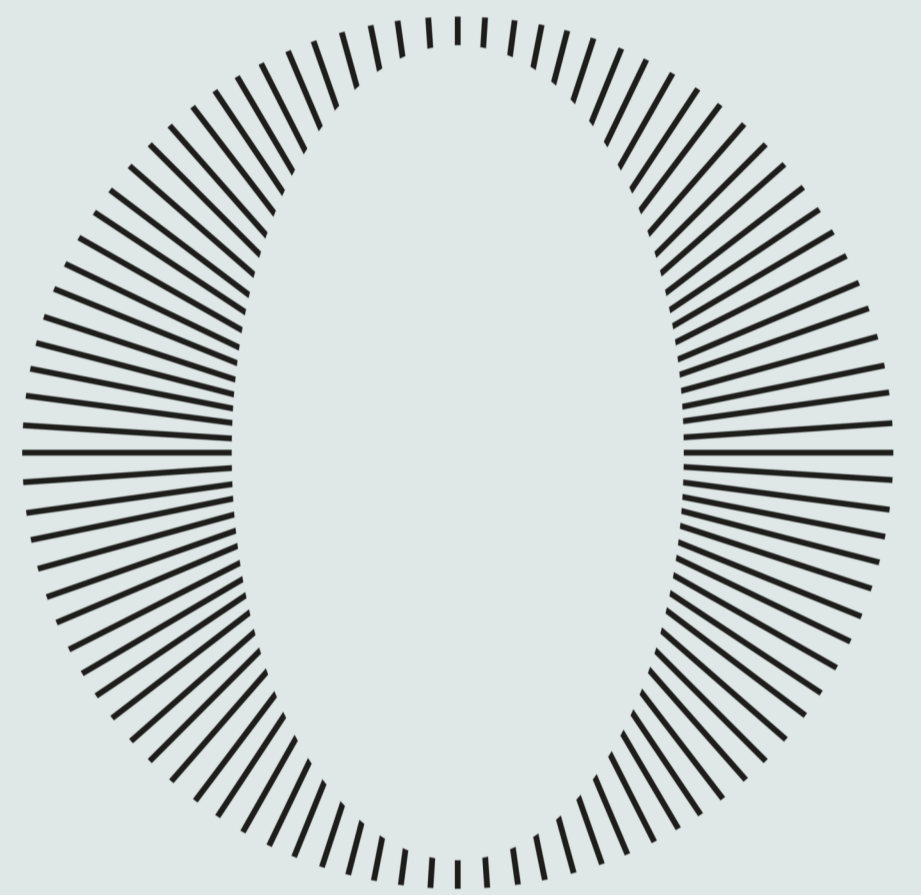
# EMOTIONS COACHING

## WHY WORK WITH AN EMOTIONS COACHING PRACTITIONER?

**To be human is to have emotion. Emotions therefore are at the heart of all coaching outcomes and goals.**

Emotions Coaching Practitioners:

- Are qualified coaches who have undertaken ICF accredited specialist Emotions Coaching Practitioner Training with In Good Company
- Are equipped with a range of practical tools and activities to help you identify, explore and learn from your emotions.
- Have invested in their own personal development and experienced the tools they use as clients themselves.
- Enable you to access the hidden and unconscious emotional patterns that get in the way of your decision making and goals.
- Are future focused and support you to redefine and develop an empowering relationship with your emotions.
- Work with clients' emotions and goals in a safe and ethical way.



For more information on the Emotions Coaching Practitioner Training visit [www.igcompany.co.uk](http://www.igcompany.co.uk)

## WHAT IS EMOTIONS COACHING?

**Emotions Coaching is a form of coaching that recognises the importance of emotions in achieving your goals.** This includes the relationship you have with your emotions, other people's emotions and the impact of the wider world.

**Emotions Coaching is a non judgemental space** where you can bring your whole self as you work towards your coaching outcomes.

**Not every coaching session will be about Emotions.** As an Emotions Coaching Practitioner your coach will blend their expertise from Emotions Coaching into the full range of their coaching approach.

**Emotions Coaching is a deeply transformational experience.** It is both educational and liberating. It is the missing piece in achieving your goals and creating lasting behaviour change.

**The benefits are felt far beyond the coaching space** and the goals you originally set yourself. They touch all parts of your life and relationships.

# HOW DOES EMOTIONS COACHING WORK?

Your Emotions Coach will draw upon the Six Principles of Emotions throughout your coaching journey, supporting and helping you to unlock the insight and wisdom from your emotions to help you achieve your goal.



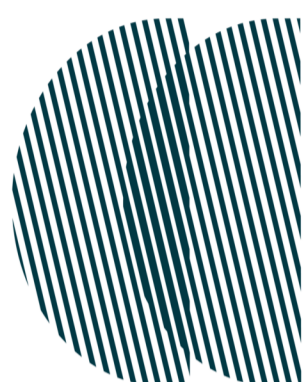
Emotions Are Neither  
Good Nor Bad



You Are Not Your  
Emotions



Emotions Are Unmet  
Needs



Emotions Are Not  
Always Authentic



Emotions Are  
Interlinked



You Can Choose Your  
Emotions

## YOUR EMOTIONS ARCHETYPE

A core part of Emotions Coaching is understanding the relationship you have with your emotions under stress and how this is influencing your ability to achieve your goal. **By understanding our automatic behaviours and reactions we can change our Emotional Relationship into something that is helpful and empowering**, ultimately enabling you to experience Emotional Freedom and achieve your coaching outcomes with ease. There are 4 core Emotional Archetypes, read about each of them below and see which resonate with you.

### Emotional Fragmentation

The Emotional Fragmentation Archetype is where an individual can explain and describe their emotions but rarely lets themselves feel them.

### Emotional Stonewalling

The Emotional Stonewalling Archetype is where an individual is disconnected from how they feel, ignoring their emotions, often until they become too much.

### Emotional Flooding

The Emotional Flooding Archetype is where an individual becomes overwhelmed by their emotions and finds it hard to express themselves.

### Emotional Freedom

The Emotional Freedom Archetype is where an individual is connected to their emotions and can express themselves freely in an appropriate way.

## WHAT NEXT?

Ready to take the next step?

Ask your Emotions Coaching Practitioner about the Emotions Archetypes Diagnostic to learn more about the relationship you have with your emotions and get started on your Emotions Coaching journey.