Episode 80

In this week's episode we are reflecting on how you can bring more creativity into your coaching. This reflection comes from the response we have had to some of the more creative aspects of our emotions coaching course.

We talk about:

* What being creative in your coaching can look like
* How it might feel for your clients
* The importance of co creating creative elements to ensure that your clients are responsive
* The power of creativity for goal setting
* Using technology
* Visualisation
* Metaphor
* How using active experimentation in the moment can be beneficial

Not all coaches might consider creativity to be something that can be brought into a session. We are clear that whether it be planned creativity or something that is more in the moment there are huge benefits to your clients in supporting them to achieve their goals. How are bringing creativity into your coaching sessions?

Purchase our bestselling book ”Deciding to Coach”: <https://amzn.to/3UvUe9r>

Resources

* Take our FREE Quiz 'Which Coaching Course is Right for Me?'

<https://www.mycoachingcourse.com/>

* Join The Coaching Crowd Community on Facebook

<https://www.facebook.com/groups/TheCoachingCrowd/>

* In Good Company (UK)

<https://www.igcompany.co.uk/>

* Check out our YouTube Channel

<https://bit.ly/378rY9a>

* Check out our Instagram

[https://www.Instagram.com/the\_coaching\_crowd](https://www.instagram.com/the_coaching_crowd)

* Work with Jo Wheatley as your Emotions Coach

[https://www.jowheatley.com](https://www.jowheatley.com/)

* Connect with Jo Wheatley on Instagram

<https://www.instagram.com/jo_wheatley_coaching/>

* Connect with Jo Wheatley on LinkedIn

<https://uk.linkedin.com/in/joannewheatley>

* Work with Zoe Hawkins as your Courageous Leadership Coach

[https://www.zoe-hawkins.com](https://www.zoe-hawkins.com/)

* Connect with Zoe Hawkins on Facebook

<https://facebook.com/zoehawkinscoach/>

* Connect with Zoe Hawkins on LinkedIn

<https://uk.linkedin.com/in/zoehawkinscoach>

* Connect with Zoe Hawkins on Instagram

<https://instagram.com/zoehawkinscoach>