

# CIRCLE OF LIFE - PEER COACHING

## One to One practice sessions with your coaching buddies

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- **Set a time each week.** Schedule at least 15 minutes each (up to 30 minutes each if you prefer). Or you may want break it into two separate calls: one session one day, the other person has their turn on another day in the week.
  - You each decide how you want to use your session's time. Chose Option One or Two:
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### Option One

- Practice coaching each other, using the CoL Blueprint for Change process worksheet.
  - You may choose to use your time to work on your original intention, or change/add the area of focus for the upcoming week.
  - **Each week you have a new partner.** When you are you are being coached... Start your session the same way: state any victories from the previous week, then state your intention, affirmation and the action step you took - or did not take. Discuss the victory of learning what works for you and what doesn't. Then choose how you want to use the remaining part of your time.
  - **Every person ends their time by stating their the Action Step(s) and their Mind/Body Practice that they will be accountable for taking next week.**
  - **Take turns:** When it is your peer coach's turn, just repeat the same process.
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### Option Two

- Practice your Circle of Life Presentation skills: leading in any or all of the 6 items listed on the next page.
  - **Each week you have a new partner.** If you choose to practice a presentation, after you have done your presentation, state what you liked about it and what you would do differently next time and your partner will do the same.
  - **Every person ends their time by stating their the Action Step(s) and their Mind/Body Practice that they will be accountable for taking next week.**
  - **Take turns:** When it is your peer coach's turn, they can choose to either do the Blueprint or practice leading or presenting.
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### Time Management

- As Circle of Life Coaches you will need to really honor and manage the time, so both people get a turn to coach and be coached. This is great practice for facilitating groups. After each person coaches, the one who has been coached shares one thing they liked about the session or what the coach did well, and one thing they might add or change.
  - Remember that Feedback is the Breakfast of Champions! So, support each other through constructive feedback.
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### Practice Leading in any or all of these 6 areas

1. **Introduction:** Introduce yourself and group members. Introduce the process & benefits of Circle of Life / The (Life) Boat Analogy / or The 15 powers
  2. **Circle of Life Assessment / Acknowledge and Discuss Strengths**
  3. **Readiness for Change Assessment**
  4. **Blueprint for Change:** guide the participant (or your peer-coach) through the worksheet
  5. **Mind/Body Optimizing Practices:** describe/instruct/model how to do one or more Mind/Body practices you have chosen
  6. **Accessing Inner Self:** Lead in a guided imagery, or discuss metaphors & symbols, rituals, or lead in any process that help the person to access their inner knowing.
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### Peer Coaching Phone Tree

Peer Coaching Calls occur over a 11-week period. Ten sessions are scheduled for you with your coach trainee peers, 8 of which are required to be completed for certification. The Peer Coaching will begin 1-2 weeks after your initial training.

The easiest way to use this schedule is to find your name across the top (we usually do this alphabetically by first name) and then look down the column to find who you are scheduled to call.

In the example below John Garden (#3) will have his first peer coaching session with Jane Doe (#1) on Aug 13. As you will see, they are in different time zones. We recommend you be in touch with your scheduled peer coach a week in advance to set up time/s that work for you.

XYZ Circle of Life Coach Training DATE: Peer Coaching Phone Tree (10 sessions req.)							
Begins week of July 30, 2007							
# Peer Coach Trainees	1	2	3	4	5	6	7
	date	date	date	date	date	date	date
<b>Find your name to the right -----&gt;</b>	Jane Doe	Jill Apple	<b>John Garden</b>	D	E	F	G
<b>Time Zone (State)</b>	Eastern (NY)	Mountain (CO)	Pacific (OR)				
<b>daytime</b>	212 123 4567	303 123 4567	541 123 4567				
<b>evening</b>	212 987 6543	303 987 6543	541 987 6543				
<b>email</b>	jane@xyz.com	japple@aol.net	bloom@mum.org				
<b>no call this week</b>	week of	week of	week of	week of	week of	week of	week of
1 Jane Doe	30-Jul	6-Aug	13-Aug	20-Aug	27-Aug	3-Sep	10-Sep
2 Jill Apple	6-Aug	13-Aug	20-Aug	27-Aug	3-Sep	10-Sep	17-Sep
3 John Garden	13-Aug	20-Aug	27-Aug	3-Sep	10-Sep	17-Sep	24-Sep
4 D	20-Aug	27-Aug	3-Sep	10-Sep	17-Sep	24-Sep	1-Oct
5 E	27-Aug	3-Sep	10-Sep	17-Sep	24-Sep	1-Oct	8-Oct
6 F	3-Sep	10-Sep	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct
7 G	10-Sep	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct	22-Oct
8 H	17-Sep	24-Sep	1-Oct	8-Oct	15-Oct	22-Oct	X
9 I	24-Sep	1-Oct	8-Oct	15-Oct	22-Oct	X	X
10 J	1-Oct	8-Oct	15-Oct	22-Oct	X	X	X
11 K	8-Oct	15-Oct	22-Oct	X	X	X	X
12 L	15-Oct	22-Oct	X	X	X	X	X
13 M	22-Oct	X	X	X	X	X	X
14 N	X	X	X	X	X	X	X

Note: the GREY-ed boxes that are in a declining pattern as you read from left to right is the week you make no call (otherwise you'd be calling yourself).

Please remember that if you have called and emailed the person (once is enough) who is scheduled to do peer coaching with you and they haven't responded or miss your scheduled appointment, simply practice out loud (by yourself or with someone else on the list, or anyone in your life) leading one of the different aspects of the Circle Process (Circle Assessment, Readiness for Change, Blueprint for Change) or lead a Mind/Body practice.