

Basic Structure of Storm Sessions

1. Release

Check-in at the beginning of sessions in the storm is very different. You have to set agreements early on about this beginning space. It's very easy for people in the storm to stay in story for the entirety of an hour-long session if the presence of the coach isn't strong enough and centered enough to bring them to the present moment.

This part of the session they are letting go of all that has happened since you last spoke, and depending on the storm, it could be a lot. The start of the session can waiver between download, venting, and updates. Learning to guide this moment requires nuance and sensibility. There will be sessions comprised of only release, in significant storms. But the hope is to move them out of story and into a clear space for regrouping and action.

You need the strength and presence to guide your client through this release.

2. Refresh

Here we coach the energy of our clients. We are bringing them to the present, to the now. Fear, worry, anxiety all live in either the past or the future; if we can bring them to the present space, you can begin to make room for learning, for reviewing and for coaching. In the storm, this is where they come back to authentic self, the self outside of the storm, outside of the blinders fear created. When we can guide them back to now, we open up the horizon for what is next.

3. Review

Looking at what is happening, with a new perspective, requires a profound presence. The willingness to sit in discomfort is imperative. This is where we challenge story, expand possibility, and remove the blinders caused by fear and pain. The truth can be fear in the storm, as it often requires action.

Timing is everything here. Trusting your intuition, and your full sense of when to step in is imperative. Small steps are often required, and even they can feel like too much. And since this can be a very contrary space, your client may take big leaps or feel like things aren't moving fast enough. You are here to be a voice of perspective and judgment-free awareness. Once they start to see, really see, what is unfolding, and honor truth, you are ready for meaningful action. Before the clarity of truth and acceptance of what is effort is often misguided. Actions may be a combination of micromovements or safe space actions and meaningful action. .

4. Resolve

Resolution has many forms when we are coaching the storm. Action happens when we have a truthful holistic view of the scenario and life of our client. Knowing what meaningful recurring actions are required is first in this discovery process, and be prepared for them to change and morph as you learn more about what is involved. Sometimes resolution is putting out a fire from a lightning strike; sometimes, it is about seeing forward to possibility.

5. Renew

The renewal is of their sense of self and their capabilities. It is a renewal of strength with an understanding of the truth in the storm. Clients leave with clarity around who they are and what they are truly capable of for the next week. It is a renewal of energy, at times of hope, and often the belief they are capable of handling what is next.

Inquiry

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

Questions for Release

- What is the most important thing to share about your last week?
- What do you need to clear before we start?
- Is there anything you need to speak out loud to make space for what is next?
- Are there any urgent needs that take precedent?
- How did you show up last week?
- Have there been any significant changes you need to share before we start?

Questions for Refresh – Appreciative Inquiry

- What went right this week?
- For what are you grateful?
- Where did you succeed?
- What has changed for the positive?
- What is the shred of rightness about the past week.
- Where are you, right now, in all of this?

Questions for Review

- What do we need to process together?
- What feels unfinished?
- Where do you need support that you have not yet received?
- What is unspoken?
- What is unspoken, even to yourself?
- Who is this storm asking you to become?



Inquiry

WHAT QUESTIONING IN THE STORM MAY LOOK LIKE IN SESSION.

Questions for Action

- What is the most important thing you need to accomplish this week?
- What support do you need and how can you get it?
- Are there any urgent actions that take precedent?
- Are you realistically able to practice recurring actions this next week?
- Have there been any significant changes you need to share before we start?

Questions for Renewal - Appreciative Inquiry

- How did you use your strengths in a meaningful way?
- What has changed for the positive?
- Where are you really showing up and how?
- Where are you courageous and authentic?
- Where are you making a difference?