



# RESONATE

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## COACH'S GUIDE

# LEADERSHIP THAT MAKES A DIFFERENCE

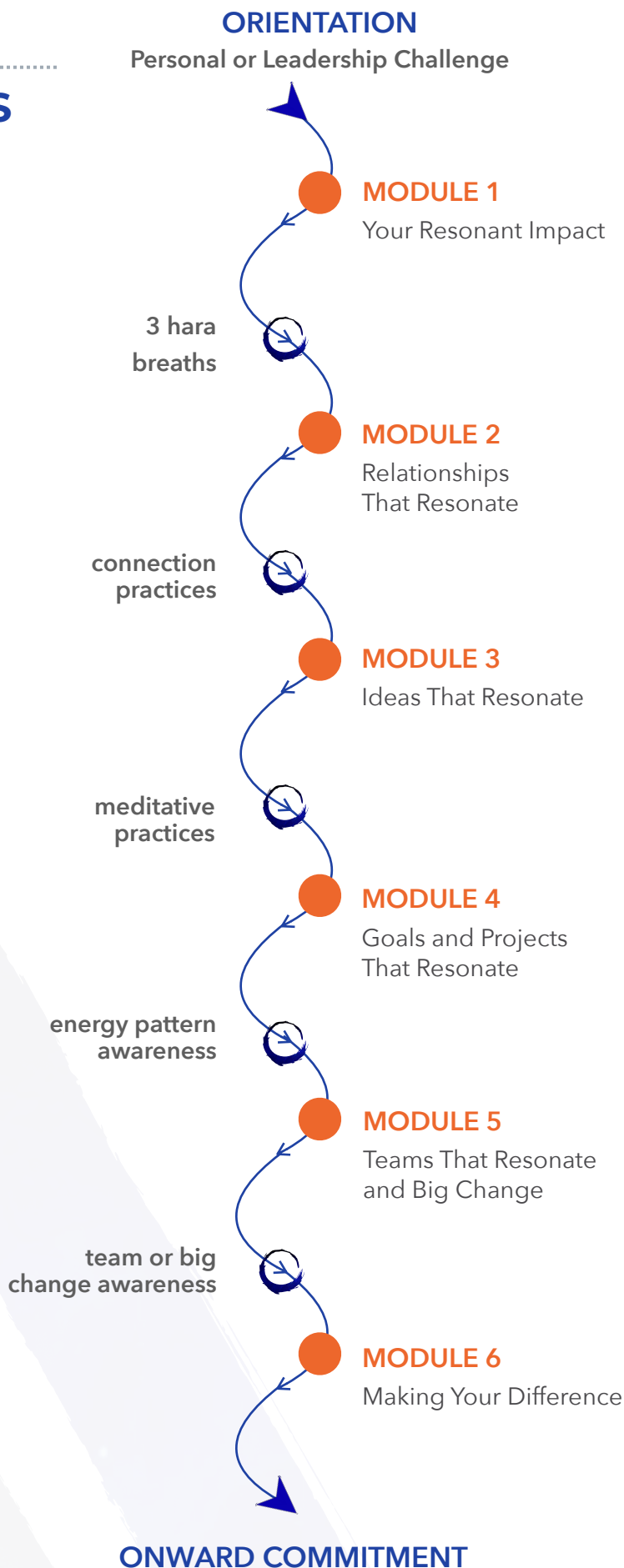
Guide your coaching clients through this profound journey of working with mind, body and energy in ways that improve resonance and increase leadership impact.

Expand your own effectiveness in online coaching with this rich platform and penetrating practices that integrate, tune and tame the whole mind-body system and help those you coach tackle their challenges and develop the leadership skills most needed today.

## How to use this Guide:

For each module, you'll find suggested coaching questions as well as coaching moves, such as activities suitable to "Practice Together". The "Practice Together" activities are designed to work virtually and involve you either stepping someone through a reflection exercise, or modeling an activity (e.g., a breathing exercise) they do with you.

You can use the first module/week to establish a goal for this 6-week coaching journey and use it to guide selection of the most relevant practices, questions and reflections to focus on in subsequent weeks. In the final module/week, you'll find questions to take stock of progress, as well as whether to close or continue the coaching in support of a new intention and next steps.



# YOUR RESONANT IMPACT

**Module 1:** Learn the basics of resonance and experience how it functions through you, shaping your relationships, effectiveness, joy and resilience.



## 3 hara breaths

- ▶ What could a change in resonance do for you? What would you like to get out of this course?  
.....
- ▶ **Practice Together:** One breath.  
.....
  - What changes in you doing this exercise? What vibrations change?
  - Support daily practice: What do you notice about doing the 3 hara breaths regularly?.....
- ▶ **Practice Together:** Tense your body and say, "everything will be alright." Relax your body and repeat the same words in your most reassuring tone.  
.....
  - What changed in you in the two cases?
  - What is it showing you about how your condition shows up in your communication?.....
- ▶ What personal or leadership challenge would you like to focus on in this course? What would success look like?  
.....



# RELATIONSHIPS THAT **RESONATE**

**Module 2:** Build your capacity for resonating with others, resolving conflict and increasing your influence.



## connection practices

- ▶ What habit loops might be getting in the way of your challenge?  
.....
- ▶ **Practice Together:** Working with Triggers physically. Think of a triggering relationship and guide through steps  
.....
  - Where do you find this in your body? What resists forgiveness?
  - As you attend to this area, what changes?
  - What would it look like to act from the best within you?  
.....
- ▶ **Practice Together:** Tracing the root of fear. Think of a triggering situation and guide through steps.  
.....
  - What do you fear may be true about you? What are you not *enough*?
  - Bring that fear close – stand on it – what are you still free to do?  
.....
- ▶ **Practice Together:** “Become the Other – go from there”. Work through the paradox diagram from self and other points of view.  
.....
  - As you become “X”, how do they look at this? What’s in their interest?
  - How might you embrace both perspectives?  
.....
- ▶ Where could an improved relationship better support your challenge?  
.....
- ▶ Is there a practice for connecting that you’d like to play with this week?  
.....
- ▶ (After some practicing) What happened as a result?  
.....



**Module 3:** Learn energizing and integrative practices for increasing your resonance, the signs that an idea is worth pursuing, and a way to pursue it.



## meditative practices

- ▶ **Practice Together:** Integrating the Three Centers, lying down, standing and sitting
- ▶ **Practice Together:** Sitting Meditation.
  - In last 5 min, sit with the question that frames your challenge, without expectation. If insight arises, share it.
- ▶ What idea are you pursuing as part of your challenge? Who else supports it? What larger forces / trends support it? How is your energy even when no progress is evident?
- ▶ How can you tell this is an idea that matches you? What signs do you notice?
- ▶ Where does Build, Measure, Learn guide you in your challenge?  
(for challenges related to a product or service)
  - What's your "why" or purpose for this offering?
  - What is a minimum viable offering you can build?
  - What can you measure to improve it in next cycle?



# GOALS AND PROJECTS THAT RESONATE

**Module 4:** Realize your goals and projects by adding the right energy at the right time; experience 4 energy patterns in you that support your work, life and specific challenge.



## energy pattern awareness

- ▶ What are a few strengths you can count on in your work?  
.....
- ▶ What are a few weaknesses that get in your way, or in the way of the challenge you're working on?  
.....
- ▶ **Practice Together:** Entering the Four Energy Patterns, connecting each one to strengths, weaknesses and/or challenge  
.....
- ▶ How do you see the patterns showing up in your work or family?  
.....
- ▶ Is there a pattern you'd like easier access to?  
.....
  - What could you practice to build greater comfort and access to weak pattern(s)?
  - The best practice for practice: 1+1+1; guide in identifying 1 outer work behavior that could be done repeatedly, 1 inner work practice that reinforces the desired pattern, 1 token or symbol to remember.....

# TEAMS THAT RESONATE AND BIG CHANGE

**Module 5:** Learn ways to harness the larger forces of resonance in the teams and systems you are a part of.



## team or big change awareness

- ▶ What qualities of being a flow agent come naturally to you? Which are more of a challenge?  
.....
- ▶ For a team important to you now, to what extent are the 4 factors of team resonance present? Do any need attention?  
.....
- ▶ For a team important to you now, what are examples of how each pattern shows up?  
.....
  - Is there a pattern the team needs more of?
  - If applicable, how might you strengthen a pattern on your team?
- ▶ For a system-wide or social change important to you, to what extent are the 4 conditions for big change present or absent? Do any need attention?  
.....



# MAKING YOUR DIFFERENCE

**Module 6:** Take stock and of progress, how purpose plays through, and practices that will support your way forward. Consider whether to support the onward path with further coaching.

- ▶ As you take stock on your challenge and progress so far:  
.....
  - What practices are you finding most helpful? What difference are they helping you make?
  - Where are you seeing signs of success? (e.g., changes in you, changes in relationships, realization of ideas, advances in projects)
  - Has coaching achieved what you hoped? What remains undone or what's next?.....
- ▶ **Practice Together:** Start with hara breathing exercises and guide through Theory U questions – opening side of the “U”  
.....
  - How does the key question (you would ask of your future self – Question #5) relate to the challenge you’ve been working on?
  - What has become clear to you about your purpose?.....
- ▶ **Practice Together:** Whole Beyond the Ego – guide through the steps of shifting perspectives in the concentric circle exercise, using the key question from *Question #5*.  
.....
- ▶ **Practice Together:** Guide through converging side of the “U”  
.....
  - How could the toolkit – 1 breath, 2 sides, 3 centers and 4 energy patterns – support you in taking these next steps?
  - How would you modify or continue your practice (1 + 1 + 1) going forward?.....
- ▶ How could further coaching support you over the next few months?  
.....
- ▶ If coaching will continue: What would success look like over the next period of coaching (e.g., 3-6 months)?  
.....



# THEORY U REFERENCE QUESTIONS\*

## Opening

#1 - What are sources of energy and joy? What do you love?

#2 - Zooming out, what is life asking of you? Where are you in your journey?

#3 - Zooming in, what leadership challenge are you dealing with? What are you currently trying to do?

#4 - Fast forward to last minute of life, what do you most want to see? What is clear to you about the purpose of your life?

#5 - Coming back: What is a key question you would ask your future self? What question, if answered deeply, would be most helpful to you in taking the next step?

## Converging

#1 - What are core elements of the future you'd like to create relative to your question? How does purpose flow through these elements?

#2 - What are early seeds of future in present?

#3 - What has to change in you? What old stuff must die?

#4 - What could you do over next 3 months - small experiment, minimum prototype - that would be essential?

#5 - Who could help? List a few key people.

#6 - What would be practical next steps over next few days?

*\* Adapted from Otto Scharmer's Theory U, licensed by the Presencing Institute*





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## OPPORTUNITY

# BE A **CHANGE AGENT** COLLABORATE WITH US

**Join Us in Collaboration** - This document serves as an invitation for us to collaborate and support each other in right livelihood as we spread good, transformative work in the world.

We believe that by partnering with you, together we can realize substantial positive change on a very large scale. We also realize the importance of making a living with this work, and we want to make it possible to share the generated income with you.

Please join us on this mission!

- ▶ **Mission:** InnerProfessional (and soon InnerWellness) creates and curates transformative professional and personal growth experiences that educate and inspire participants toward their highest level of conscious, authentic contribution and sense of wellbeing.
- ▶ **Vision:** We envision that by end of 2023, we want to have touched over 1,000,000 individuals with the experience of an InnerProfessional program. We further envision that practices learned will be integrated into participants' work, community and personal lives, contributing to enhanced consciousness and wellbeing in their worlds.

## Why a Coaches Program?

- ▶ You are our ambassador! Help us touch those in your sphere of influence.
- ▶ Collaborate and add value for others by bundling your personalized services and provide support for groups or individuals learning these practices.
- ▶ Creating Right Livelihood for Coaches - Realize new coaching income opportunities and enhance your income stream by earning a share of registration fees for every group or participant you enroll.



## Build Your Practice & Earn Additional Revenue:

At a basic level, you can utilize discount incentives to enroll your clients in an online program and additionally offer your individual coaching services to enhance their experience. Another option is to become an affiliate and earn generous compensation for everyone you enroll. At higher levels of engagement, you might consider training to become a Resonate certified coach or to become a facilitator leading future program sessions we offer to large corporate groups.

- ▶ **Refer a Friend / Colleague / Client:** Offer your contact a \$100-off using a coupon code, plus you can accompany them in the program, free of charge.

### ▶ **Revenue Sharing:**

- Earn 30% of your participants' enrollment fees for registered referrals
- We support credit card transactions or group quoting/invoicing
- Not interested in transacting? Earn 5% for warm referrals you make
- Contact us to be set up as an affiliate/ambassador

### ▶ **Bundle Your Coaching Services:**

- Instructor-Led Programs - Our faculty facilitates the program with live cohort groups while you provide additional individualized or group coaching.
- On-Demand Programs - You provide the only live coaching interaction on top of purely self-paced, on-demand, lessons and exercises.

### ▶ **Become a Program Facilitator:**

- By training to facilitate our programs, we can extend the opportunity for you to become a corporate trainer for private cohorts or large group engagements. Contact us to be considered for our a trainer-the-trainer program.



# MARKETING ASSISTANCE

## Let Us Support Your Marketing Efforts:

Our team is continually producing new marketing content to enable you to inform your clients of course opportunities and benefits. We can set you up to transact digital orders directly from your web site. We also offer opportunities for you to gain personal market visibility by being featured in blog posts and/or video webcasts.

### ▶ Weekly email announcements:

- Embedded with your affiliate links
- Mailchimp templates available upon request

### ▶ Catalog / Course Listings for your site:

- Individual course listing banners, images, etc.
- Custom embedded catalog options

### ▶ Communities of practice:

- Blog Contribution - View our [blog submission guidelines](#)
- Social Media: 'Share' with your followers
- [Contact us](#) to be considered for a live video Webcast

## Ready to Get Started?

- ▶ How could we best make this Coaches Program resonate with you? Please contact us today to discuss your thoughts as we are always open to suggestions and collaboration.
- ▶ [Contact us](#) or send an email to [connect@interplicity.com](mailto:connect@interplicity.com)



# INTERPLICITY BRANDING

## Navigating Our Products & Services:

Our branding has evolved with the various services we provide. We are one company with many talents! Our mission to deliver transformative experiences runs throughout all our services and offerings. Our agency, Interplicity, provides work-for-hire services, while our two course catalogs depict our professional & individual development programs. Our online campus, Innerplicity, serves up those programs and our underlying Community Learning System technology is licensable to organizations looking to build their own online campus. [Learn more.](#)

### InnerProfessional Courses

Wisdom for the Workplace

- Professional & Leadership Development
- Transformative learning for all



### InnerWellness Courses

Wisdom for Individuals

- Personal Wellness & Wellbeing Programs
- Realize your full potential



### Innerplicity

Online Community Campus

- Wisdom & Wellness eLearning Center
- Professional and personal growth



### Inngage

Community Learning System

Upgrade from an LMS to our robust, social, eLearning experience

