



SIX-FIGURE
COACH SECRETS

The Emotional Resilience Quick-Start Guide

A Coach's Introduction to the Four Pillars

Master the framework that transforms emotional chaos into confident action

A Free Resource from Six Figure Coach Secrets

INTRODUCTION

WHAT IS EMOTIONAL RESILIENCE?

Emotional resilience isn't a single skill—it's a set of interconnected capabilities that work together to help your clients navigate life's challenges with confidence and grace.

As a coach, you know your clients face difficult moments: overwhelming stress, relationship conflicts, career setbacks, and intense emotions that threaten to derail their progress. Emotional resilience gives them the tools to handle these challenges without falling apart or making things worse.

Think of it like a table with four legs: Each pillar supports the others, and together they create a stable foundation for emotional well-being.

WHY COACHES NEED THIS FRAMEWORK

Your clients come to you for transformation. But transformation requires navigating difficult emotions, facing fears, and pushing through discomfort. Without emotional resilience skills, clients often:

- Get stuck in overwhelm and can't move forward
- React impulsively and regret their choices
- Avoid necessary conversations and challenges

With emotional resilience skills, your clients:

- ✓ Stay calm under pressure
- ✓ Make intentional choices instead of impulsive reactions
- ✓ Navigate difficult conversations with confidence
- ✓ Build lasting change instead of temporary fixes

HOW THIS GUIDE WORKS

In this guide, you'll learn the core system that Six Figure Coaches use to help clients master their internal world.

1

The Four Pillars Framework

Understanding how emotional resilience works

2

One Essential Skill from Each Pillar

Sample techniques you can start teaching today

3

Integration Strategies

Making emotional resilience part of your coaching practice

This is just an introduction. Each pillar contains multiple skills, and this guide gives you a taste of what's possible.

LET'S DIVE IN!

THE FOUR PILLARS FRAMEWORK

1. Present-Moment Awareness

Being fully present in the here and now.

2. Crisis Navigation Skills

Getting through difficult moments effectively.

3. Emotion Management

Understanding and working with emotions skillfully.

4. Relationship Skills

Communicating effectively and maintaining connections.

PILLAR 1: PRESENT-MOMENT AWARENESS

What it is: The ability to focus attention on what's happening right now—without judgment and without getting lost in thoughts about the past or future.

Why it matters: Most stress comes from dwelling on the past or worrying about the future. When clients are present, they can respond to reality, not fear.

Key Skills:

- Observing without judging
- Describing experience
- Finding "wise mind"

Client Benefits:

- Less overwhelmed
- Reduced anxiety
- Deeper connections

PILLAR 2: CRISIS NAVIGATION SKILLS

What it is: Tools to get through difficult moments, intense emotions, and challenging situations without making things worse.

Why it matters: Everyone faces crisis. How clients handle these moments determines whether situations improve or deteriorate.

Key Skills:

- STOP technique
- Self-soothing
- Accepting reality

Client Benefits:

- Avoid reactive regrets
- Protect relationships
- Feel more capable

PILLAR 3: EMOTION MANAGEMENT

What it is: Understanding emotions and choosing responses that align with values—rather than being controlled by impulses.

Why it matters: When emotions are too intense or last too long, they interfere with life. This helps clients work *with* emotions, not against them.

Key Skills:

- Naming emotions accurately
- Checking the facts
- Opposite Action

Client Benefits:

- Less emotional suffering
- More control over responses
- Goal achievement

PILLAR 4: RELATIONSHIP SKILLS

What it is: Asking for what you need, setting boundaries, and maintaining self-respect while keeping relationships strong.

Why it matters: Effective relationship skills help clients get needs met, resolve conflicts, and build satisfying connections.

Key Skills:

- Asking effectively (DEAR MAN)
- Setting boundaries
- Saying no

Client Benefits:

- Get needs met
- Less conflict
- Confidence in social settings

How the Pillars Work Together

Present-Moment Awareness helps you notice when you need **Crisis Skills**.

Crisis Skills give you space to apply **Emotion Management**.

Emotion Management keeps you calm enough to use **Relationship Skills**.

SAMPLE SKILLS

PILLAR 1: AWARENESS

The OBSERVE Skill

What it is: Observing means noticing your experience—thoughts, emotions, sensations, surroundings—without getting tangled up in them. You step back and simply watch, like a scientist.

How to Practice:

1. **Choose a focus:** Breath, sounds, sensations, or thoughts.
2. **Notice without engaging:** Watch without trying to change it.
3. **When mind wanders:** Gently return attention (no judgment).

EVERYDAY EXAMPLES

- **Sounds:** Notice noise without labeling it "annoying."
- **Thoughts:** Notice thoughts passing like clouds in the sky.
- **Emotions:** Feel an emotion without acting on it.

Quick Coaching Exercise:

Have your client spend 2 minutes observing their breath. Simply notice breathing without changing it. When the mind wanders, gently return to the breath.

SAMPLE SKILLS

PILLAR 2: CRISIS NAVIGATION

The STOP Technique

What it is: The "pause button" for emotional reactions. Use this when emotions spike to 6/10 or higher.

- S STOP:** Literally freeze. Don't act or speak.
- T TAKE A STEP BACK:** Create physical/mental distance.
- O OBSERVE:** Notice what is happening inside and out.
- P PROCEED MINDFULLY:** Act with awareness and purpose.

Quick Example:

Situation: Client receives a rude email.

Without STOP: Fires off angry reply. Regrets it later.

With STOP: Walks away from computer. Notices anger. Waits 1 hour. Sends professional reply.

Teaching Script (2 min):

"STOP creates a pause between trigger and reaction, which is where your power lives. When you notice intensity rising, give yourself the command: STOP. Take a step back. Observe what you're feeling. Then choose your response."

SAMPLE SKILLS

PILLAR 3: EMOTION MANAGEMENT

Check The Facts

What it is: Reality-testing whether an emotion fits the actual facts of a situation, or if it's based on interpretations and assumptions.

The Principle: Emotions are driven by how we *interpret* events, not the events themselves.

The 7 Questions:

1. What's the emotion?
2. What actually happened? (Facts only)
3. What's my interpretation? (The story)
4. What's the evidence FOR my story?
5. What's the evidence AGAINST my story?
6. What else could explain this?
7. Does my emotion fit the facts?

Example:

Fact: Boss asked to meet tomorrow.

Interpretation: "I'm getting fired." (Anxiety 8/10)

Reality Check: I met all deadlines. Boss was smiling yesterday. It's likely a new project.

Result: Anxiety drops to 3/10.

SAMPLE SKILLS

PILLAR 4: RELATIONSHIP SKILLS

DEAR MAN

What it is: A framework for asking for what you want or setting boundaries while maintaining the relationship.

DEAR (What you say)

- D Describe** the situation (facts).
- E Express** your feelings.
- A Assert** your need clearly.
- R Reinforce** (reward) them.

MAN (How you say it)

- M Mindful** (stay on topic).
- A Appear** confident.
- N Negotiate** if needed.

Quick Script (Setting a Boundary):

"You've emailed me at 8pm three times this week (Describe). I feel stressed and unable to disconnect (Express). I need non-urgent requests to happen during business hours (Assert). This will help me bring better energy to my work (Reinforce)."

INTEGRATION & APPLICATION

PUTTING IT ALL TOGETHER

You now have four powerful skills—one from each pillar. Here is how to structure a coaching session around these tools.

Sample Session Structure (30 min):

1. **Check-in (5 min):** Identify the current challenge.
2. **Teach (5 min):** Introduce the relevant skill (e.g., STOP).
3. **Practice (10 min):** Replay a past scenario using the skill.
4. **Plan (10 min):** Assign specific practice for the week.

ASSESSMENT GUIDE

 **Racing thoughts?** → Teach OBSERVE

 **Impulsive reactions?** → Teach STOP

 **Intense/confusing emotions?** → Teach CHECK THE FACTS

 **Conflict or boundary issues?** → Teach DEAR MAN

"The journey to emotional resilience is ongoing, but every skill practiced is progress made."

READY FOR THE COMPLETE SYSTEM?

You've scratched the surface. Now get the full toolkit.

The Emotional Resilience Toolkit

25+ evidence-informed skills across all four pillars.

MODULE 1: Framework

Deep-dive & Assessments

MODULE 2: Mindfulness

6 skills + Meditation scripts

MODULE 3: Crisis Navigation

7 crisis techniques (STOP, TIP, etc)

MODULE 4: Emotion Reg

ABC PLEASE, Opp. Action, Logs

MODULE 5: Relationships

Communication & Boundaries

MODULE 6: Integration

40+ Coaching Session Plans

Use code **QUICKSTART** for your special discount

GET THE COMPLETE TOOLKIT

Why Coaches Choose This:

- ✓ No new content creation needed
- ✓ Client-ready worksheets included
- ✓ Evidence-informed & Professional

ABOUT SIX FIGURE COACH SECRETS

Our mission is to equip coaches with evidence-informed tools that help clients build lasting change and emotional resilience.

Connect With Us:

Website: <https://tools.sixfigurecoachsecrets.com/>

Email: support@sixfigurecoachsecrets.com

IMPORTANT DISCLAIMER: For Coaching Use Only

This guide is designed for use by coaches working with generally well-functioning adults. It is NOT intended as a substitute for professional mental health treatment.

Crisis Resources: If you or your client is experiencing a mental health crisis, call 988 (Suicide & Crisis Lifeline) or contact emergency services immediately.

Scope of Practice: Coaches must screen clients for clinical issues and refer to licensed professionals when appropriate. Never represent these skills as therapy.

Acknowledgments: This toolkit draws inspiration from evidence-based approaches including DBT and MBSR, adapted for coaching. This product is not affiliated with the Linehan Institute or Behavioral Tech.