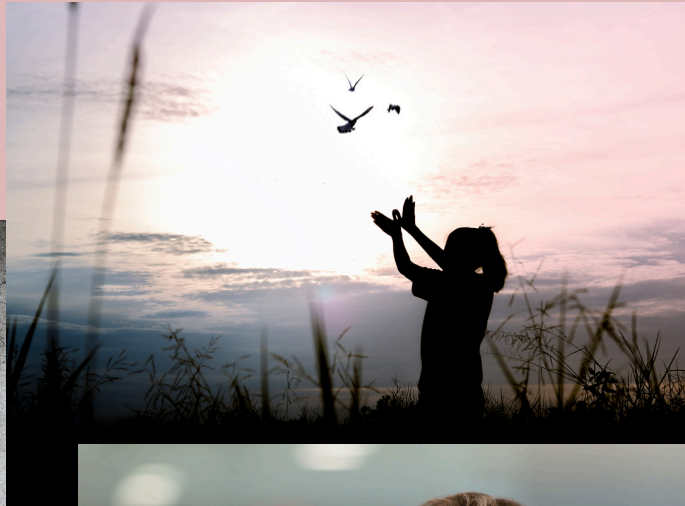


COACHING TRAUMA CHECKLIST

IDENTIFY, PROCESS, AND MOVE ON!



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Hey there, beautiful!

When I first decided to start an online digital business, I naturally started studying other business owners and tried to learn from them.

Before long, I was enrolled in several trainings and coaching programs, and it got so expensive and confusing that I left the digital world for a couple of years. When I came back, I found myself in the same situation again, this time with bigger name coaches and much higher prices.

Of the several coaches I hired, not one helped me with what I needed at the time. I had some really bad experiences with so called coaches, who basically took my money and ran.

Well, after several of these experiences and the ensuing trauma, I took off another year and when I came back this time, I was much smarter and wiser. I figured out exactly what I needed to do, and what kind of coaching and coaches would best fit my needs, and I'm now happy with my choices.

How did I become smarter and wiser? The basic outline is listed in this small guide. You can do it on your own, if you just follow the advice given here. But, if you need further help, feel free to contact me at lillypartha.com. Coaching is a very important and personal decision and you have to resonate with them on internal level. Not everyone you talk to is a good fit for you. Be very selective and choose only people who make you feel supported.

INTRODUCTION



Starting the journey to build an online business can be both exhilarating and daunting. Many of us begin with high hopes and dreams, ready to take on the world. However, for some, this journey can quickly turn into a source of pain and disappointment. If you're reading this, you may have experienced the frustration of investing time and money into coaching programs that promised the moon but left you feeling lost, unheard, and even traumatized.

Imagine this: you signed up for multiple coaching sessions, hopeful that each one would provide the guidance and support you desperately needed. You invested your hard-earned money, only to find that at best, a couple of coaches were good, while most lacked the knowledge and teaching skills you expected. After each session, you were left with lingering questions and self-doubt, wondering if you would ever find the clarity and direction you sought.

As the weeks turned into months, that initial excitement faded, replaced by a heavy feeling of betrayal and despair. You might have felt like an utter failure, questioning your abilities and decisions. Each new disappointment only deepened the trauma, and you may have even felt compelled to seek therapy to cope with the emotional toll of your experience.

This checklist is for you—a clear and concise guide to help you navigate the complexities of coaching trauma. It's designed to help you recognize the signs of your pain, process those feelings with kindness, and ultimately move forward to rebuild your business with confidence.

You are not alone on this journey; together, we'll work through the shadows of your past and create a brighter future.

01 - IDENTIFYING COACHING TRAUMA

Signs of Coaching Trauma

Coaching trauma can manifest in various ways.
Check off any of the following signs you resonate with.

- ☐ Feelings of Betrayal: Did you feel let down or misled by your coach?
- ☐ Loss of Trust: Do you find it difficult to trust others or seek guidance after your coaching experience?
- ☐ Self-Doubt: Are you struggling with self-confidence and doubting your abilities?
- ☐ Avoidance of Coaching: Do you hesitate to invest in further coaching or training due to past experiences?
- ☐ Emotional Distress: Are you experiencing anxiety, sadness, or anger related to your coaching experience?
- ☐ Financial Anxiety: Are you worried about wasting more money on coaching after previous investments?
- ☐ Overwhelm: Do you feel paralyzed when trying to take action toward your business?

Reflecting on Your Experience

TAKE TIME TO REFLECT ON YOUR COACHING EXPERIENCES. USE THE FOLLOWING PROMPTS TO GUIDE YOUR THOUGHTS.

What specific experiences or interactions led to feelings of trauma?

Were there particular moments that stood out as negative or harmful?

How did your coach respond to your concerns or challenges?

Reflecting on Your Experience

TAKE TIME TO REFLECT ON YOUR COACHING EXPERIENCES. USE THE FOLLOWING PROMPTS TO GUIDE YOUR THOUGHTS.

Did you set clear expectations with your coach, and were they met?

What did you hope to achieve through coaching, and how did that compare to your actual experience?

How has this experience affected your current outlook on coaching and business?

Acknowledging Your Emotions

Recognizing and validating your emotions is the first step toward healing.

Use the following techniques to process your feelings.

- **Journaling:**

Write about your experiences and emotions.
Allow yourself to express anger, sadness,
and frustration without judgment.

- **Talking It Out:**

Share your feelings with a trusted friend or therapist.
Verbalizing your emotions can help you gain clarity and perspective.

- **Creative Expression:**

Use art, music, or other creative outlets
to express your feelings.
This can be a powerful way to release pent-up emotions.

- **Mindfulness Practices:**

Engage in mindfulness or meditation
to ground yourself in the present moment.
This can help reduce anxiety related to past experiences.

Reframing Your Experience

It can be helpful to reframe your experiences in a way that empowers you. Consider the following:

- **Lessons Learned:**

What valuable lessons can you take away from this experience?

- **Personal Growth:**

How have you grown as a result of overcoming these challenges?

- **Setting Boundaries:**

How can you set better boundaries in the future to protect yourself from similar experiences?



Building a Support System

Surrounding yourself with supportive individuals can aid your healing process. Consider these steps

- **Seek Positive Influences:**

Identify mentors or peers who uplift and inspire you.

- **Join Support Groups:**

Look for communities where you can share your experiences and learn from others.

- **Limit Negative Input:**

Reduce exposure to negative influences, including social media accounts or groups that drain your energy.



Creating a Business Vision

Once you've processed your trauma, it's time to rebuild your business vision. Use this outline.

- **Define Your Goals:**

What do you want to achieve with your online business?

- **Visualize Your Success:**

Create a vision board or write a detailed description of your ideal business.

- **Develop a Plan:**

Outline actionable steps to achieve your goals. Break down larger tasks into manageable steps.



Setting Boundaries with Future Coaches

Protecting yourself from potential trauma in future coaching relationships is essential. Consider the following:

- **Define Your Expectations:**

Clearly communicate your needs and expectations before entering a coaching relationship.

- **Ask Questions:**

Don't hesitate to ask potential coaches about their experience, methods, and success stories.

- **Trust Your Instincts:**

If something feels off, trust your gut and reconsider your options.



Investing in Yourself Wisely

When considering future investments in coaching, use this checklist:

- **Research Thoroughly:**

Look for coaches with proven results and positive testimonials.
- **Evaluate Fit:**

Ensure their coaching style aligns with your learning preferences and needs.
- **Start Small:**

If possible, start with a lower-cost program or session to gauge compatibility before committing to larger investments.



Healing from coaching trauma takes time,
but it's definitely possible to move forward and
create the business of your dreams.

By identifying your trauma, processing your feelings, and
empowering yourself with knowledge and support,
you can transform your experiences into a
foundation for future success.

Remember, you are not alone in this journey,
and the path to healing and rebuilding is yours to take.





Contact Us

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