

# Mindset Mastery VI

*An exploration of Self-Coaching*

## Lesson #6

### *Skills 1-7*

# CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

## Skill #1 - Silence

Silence can be an invitation for the Sharer to go deeper, listen to themselves, and process what they, or you just said. Learning to be patient and allow some awkward silence, can encourages deeper processing.

The quieter you become, the more you can hear.

~Ram Dass

## Skill #2 Deep Listening

Feeling heard can heal years of hurt and misunderstanding. It can repair deep wounds in relationships with others, and more importantly, with ourselves. It is highly likely the most important skill we can develop.

Deep Listening, combined with Silence and  *Holding Space* , is sometimes all that is needed for healing.

## Skill #3 Holding Space

Holding space is more than passive silent observation. It is the practice of actively paying attention and honoring the person sharing, with deep listening, seeing their loving spirit, and sending loving energy for the purpose of healing and growth.

## Skill #4 Seeing the Loving Spirit

Inside of you is a loving spirit, and its nature is just that, love. The more you look for love in yourself and others, the easier it will be to see it, and the more loving you will become. In this way, the **LOVING THAT YOU ARE** will be front and center, dictating your behavior, decisions, and your life.

When focusing on the *loving* inside of each person, including yourself, you will be able to have more compassion and neutrality.

**Being seen and acknowledged for who and what we are at the core is often enough to heal wounds that have lingered.**

## Skill #5 Prizing

Prizing is the act of extending a verbal expression of the loving spirit you see in others. This helps identify, reinforce and strengthen the loving spirit inside the sharer.

Deep listening will help you see the loving spirit and know what and how to prize the sharer.

## Skill #6 Open-Ended Questions

Open-ended questions invite your partner to explore more deeply what they feel and think about an issue or challenge. They can facilitate clarity and a deeper understanding of circumstances. Open-ended questions can also lead to solutions. Asking a yes or no question can block the flow of healing and end a discussion

## Skill #7 Reflecting Feelings

Reflecting Feelings is a powerful way to help facilitate a deeper understanding. If skillfully used it can let the Sharer know:

- you **understand**;
- you **heard and perceived correctly**;
- **you did not** hear and perceive correctly, in which case the sharer will let you know;
- or, **they did not communicate** their feelings **clearly**.

You can mirror back to them, all or part of what they said, exactly how they said it, or you can summarize it.

# Trio #9 All Skills

## Skills used

Silence

Deep Listening

Holding Space

Prizing

Open-ended Questions

Seeing the Loving Spirit

Reflecting Feelings

Timing

20/5/5

- **N.O.** - Focus your attention on the trio. Actively and silently send the sharer compassion and love.  
*Remember, your role is important!*
- **Coach** - Focus all of your attention on the Sharer. Silently send them compassion and love. Remember, they have all the inner resources to find their own answers and solutions.
- Invite your partner to share by saying something like this...  
*Please share with me something that has meaning for you.*

## Trio #9 All Skills

- Allow for reflection by holding silence. Listen for the deeper meaning in what's being communicated. When appropriate, practice all the skills you have learned: Silence, Deep Listening, Holding Space, Prizing, Open-ended Questions, Seeing the Loving Spirit, and Reflecting Feelings. (Interrupt as necessary – like last week.)
- **Feedback** is at the end of the last round for *all three partners* to share what they experienced in all three roles.

# Homework

There is still no *additional* homework. It is VITAL that you catch up on all the prior homework assignments, especially the list of issues. We will be moving into self-counseling and you will need to refer to that list.

You will find the homework in each lesson. You can download the lessons again in the **About section** of your group page on the website.

If you would like, you can email your homework to

Dawnmarie@dawnmariepresley.com



# Homework Checklist

- 1. Visit the class page at least 3 times.  
Comment and answer any questions.**

\_\_\_    \_\_\_    \_\_\_

- Say your quality and statement at least 10 times daily.**

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- Finish all the homework assignments**

My takeaway notes

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