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The Good Practitioner

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# CHECKLIST

HOW TO TRANSITION INTO THE NEW ERA OF COACHING



# *The New Era of Coaching*

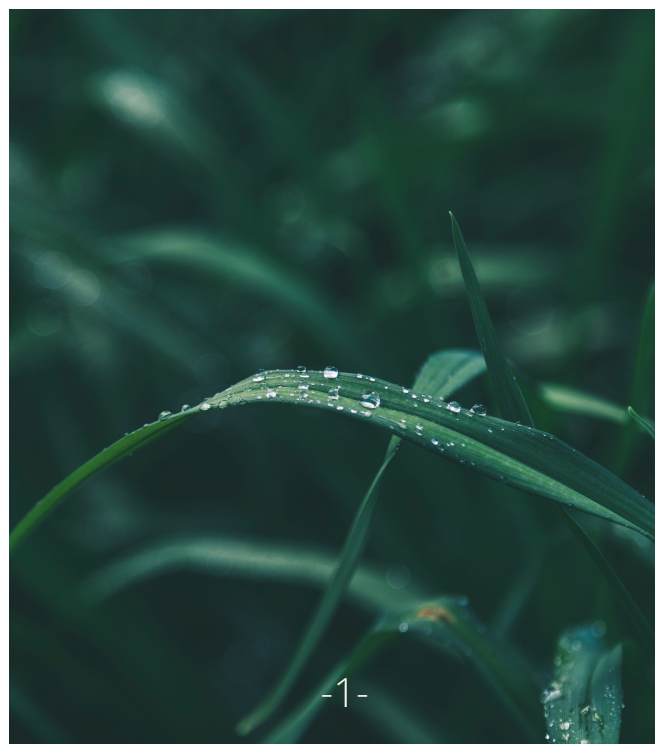
The world has gone through drastic changes in the last few years. People do what they can to adapt but we are facing a crisis of emotional and mental well-being. If the profession of personal coaching is here to stay, it has to accommodate the new needs of people.

The coaching profession has outgrown the old model and is now in need of an update. Personal coaching must step into a more evolved version of itself built on a higher vision.

This guide will walk you through the elements of the Higher Vision and help you prepare for the new chapter of personal coaching as a profession. Enjoy!

*Izabela Viskupova*

IZABELA VISKUPOVA, LL.M., M.A.  
Founder of the Gentle Trauma Release Institute





# HIGHER VISION FOR COACHING

## ASPIRATION #1

### **SOLID UNDERSTANDING OF MENTAL HEALTH PSYCHOLOGY:**

Practitioners of the New Era who work with people's emotional material, should have a good understanding of the following: common mental health disorders, and their symptoms & the main treatment options for these common mental health disorders.

## ASPIRATION #2

**POWERFUL TRAUMA RELEASE SKILLS:** The emotional and mental well-being crisis stems from traumatized individuals, communities and society at large. To support client's emotional and mental well-being, the New Era practitioner needs powerful and reliable trauma release skills. These skills are no longer a luxury, but rather a must.

## ASPIRATION #3

**THE WHOLESOME SKILL REPERTOIRE:** Practitioners need to be able to use coaching as well as therapeutic skills in their work and know how to combine them for the most powerful results. *The Wholesome Skills Repertoire* is optimal. That is, mastery of Communication Skills, Strategic Skills and Attunement Skills.

## ASPIRATION #4

**IMPECCABLE SELF-CARE:** Nurturing emotional and mental wealth being is not reserved for our clients. As practitioners, we have an ethical obligation to cultivate an *Emotional Fitness to Practice*. Practitioners who detraumatize their own system before engaging in client work will be the most able to support clients.

## ASPIRATION #5

**CLIENT-ACCESSIBLE PRACTICE:** The coaching profession must, first and foremost, be accessible to the client. A client-accessible practice means methodical, as well as financial accessibility. Pricing of services needs to be mutually beneficial: respectful of the coach, but reasonably feasible for the client.



# ASPIRATION #1 CHECKLIST

## SOLID UNDERSTANDING OF MENTAL HEALTH PSYCHOLOGY

**INSTRUCTIONS:** Go through the points below. Assess how prepared and equipped you are for the New Era of Coaching when it comes to a ***Solid Understanding of Mental Health Psychology.***

- ☐ I CAN IDENTIFY THE MAIN CATEGORIES OF MENTAL HEALTH CHALLENGES (DISORDERS)
- ☐ I'M FAMILIAR WITH THE MOST COMMON DISORDERS IN EACH CATEGORY
- ☐ I CAN TELL THE MAIN SYMPTOMS OF THE MOST COMMON MENTAL HEALTH DISORDERS
- ☐ I HAVE CLARITY ON HOW I'M ABLE TO SUPPORT MY CLIENTS' MENTAL & EMOTIONAL WELL-BEING
- ☐ I'M ABLE TO MANAGE MY CLIENT'S EXPECTATIONS AND EXPLAIN WHERE EXACTLY I CAN AND CANNOT HELP
- ☐ I'M FAMILIAR WITH THE DIFFERENT MAINSTREAM TREATMENT OPTIONS FOR MENTAL HEALTH DISORDERS
- ☐ I KNOW EXACTLY HOW TO SUPPORT MY CLIENTS' EMOTIONAL AND MENTAL WELL-BEING





## ASPIRATION #2 CHECKLIST

### POWERFUL TRAUMA RELEASE SKILLS

**INSTRUCTIONS:** Go through the points below. Assess how prepared and equipped you are for the New Era of Coaching when it comes to ***Powerful Trauma Release Skills***.

- ☐ I UNDERSTAND THE MAINSTREAM DEFINITION OF TRAUMA
- ☐ I CAN RECOGNIZE TRAUMA EXPRESSED IN OBVIOUS AND LESS OBVIOUS WAYS
- ☐ I'M FAMILIAR WITH THE MAIN SYMPTOMS OF PTSD
- ☐ I'M FAMILIAR WITH THE SYMPTOMS OF OTHER TRAUMA-RELATED DISORDERS
- ☐ I KNOW WHAT IS COMPLEX TRAUMA AND AM ABLE TO DISTINGUISH IT FROM OTHER TYPES OF TRAUMA
- ☐ I KNOW HOW TO FACILITATE LONG-LASTING TRAUMA RELEASE WHEN WORKING WITH A CLIENT
- ☐ I KNOW HOW TO IDENTIFY CORE TRAUMATIC MEMORIES AND COLLAPSE THEM
- ☐ I KNOW HOW TO IDENTIFY TRAUMATIC EMOTIONS AND HELP THE CLIENT RELEASE THEM
- ☐ I UNDERSTAND HOW TO LEAD SOMEONE THROUGH THE TRANSITION FOLLOWING A DEEP TRAUMA RELEASE
- ☐ IF A CLIENT CARRIES TRAUMA IN THEIR SYSTEM, I KNOW EXACTLY WHAT TO DO AND HOW TO PROCEED



# ASPIRATION #3 CHECKLIST

## THE WHOLESOME SKILL REPERTOIRE

**INSTRUCTIONS:** Go through the points below. Assess how prepared and equipped you are for the New Era of Coaching when it comes to ***The Wholesome Skill Repertoire***.

- ☐ I HAVE SOLID COMMUNICATION SKILLS UNDER MY BELT
- ☐ I HAVE SOLID STRATEGIC SKILLS UNDER MY BELT
- ☐ I HAVE SOLID ATTUNEMENT SKILLS UNDER MY BELT
- ☐ I HAVE MASTERED THE MAIN COACHING AND THERAPEUTIC SKILLS
- ☐ I KNOW WHEN TO USE COACHING SKILLS AND WHEN TO USE THERAPEUTIC SKILLS WITH A CLIENT
- ☐ IN MY WORK, I KNOW HOW TO COMBINE COACHING AND THERAPEUTIC SKILLS AS NEEDED
- ☐ OVERALL, I HAVE A SOLID SKILL REPERTOIRE THAT COVERS ALL ASPECTS OF CLIENT WORK
- ☐ I'M COMFORTABLE WEARING THE COACHING HAT, AS WELL AS THE THERAPEUTIC HAT





# ASPIRATION #4 CHECKLIST

## IMPECCABLE SELF-CARE

**INSTRUCTIONS:** Go through the points below. Assess how prepared and equipped you are for the New Era of Coaching when it comes to ***Impeccable Self-Care.***

- ☐ I PURPOSEFULLY AND CONSISTENTLY CULTIVATE MY EMOTIONAL FITNESS TO PRACTICE
- ☐ I CONSISTENTLY NURTURE MY OWN EMOTIONAL AND MENTAL WELLBEING
- ☐ I HAVE A SELF-CARE PLAN AND I KNOW EXACTLY WHAT MY SELF-CARE CONSISTS OF
- ☐ I HAVE DETRAUMATIZED MY OWN SYSTEM SO THAT MY TRAUMA DOESN'T STAND IN THE WAY OF MY WORK
- ☐ I KNOW HOW TO PREVENT VICARIOUS TRAUMATIZATION WHEN WORKING WITH CLIENTS
- ☐ I CAN RECOGNIZE ACUTE STRESS IN MYSELF. I KNOW EXACTLY HOW TO RESTORE MY EMOTIONAL BALANCE.
- ☐ I RECOGNIZE THAT MY SELF-CARE IS NOT A LUXURY. IT'S AN INTEGRAL PART OF MY WORK.
- ☐ MY SELF-CARE IS PENCILED IN MY CALENDAR THE SAME WAY MY WORK OBLIGATIONS ARE.



# ASPIRATION #5 CHECKLIST

## CLIENT-ACCESSIBLE PRACTICE

**INSTRUCTIONS:** Go through the points below. Assess how prepared and equipped you are for the New Era of Coaching when it comes to a ***Client-Accessible Practice***.

- ☐ MY SERVICES ARE PACKAGED IN A STRAIGHTFORWARD MANNER. THE CLIENT KNOWS WHAT THEY'RE GETTING.
- ☐ MY PACKAGES ARE CLEAR AND SIMPLE. IT'S EASY FOR THE CLIENT TO PICK THE BEST OPTION.
- ☐ MY PACKAGED OFFERINGS FOLLOW A METHODOLOGY SO THAT I CAN PROVIDE CONSISTENT RESULTS.
- ☐ THANKS TO MY METHODOLOGY, I NEVER FLY BY THE SEAT OF MY PANTS IN MY CLIENT WORK.
- ☐ MY RATES ARE RESPECTFUL OF THE WORK I DO, AND AT THE SAME TIME REASONABLY ACCESSIBLE TO THE CLIENT.
- ☐ I KNOW HOW TO SET MY RATES IN A WAY THAT FEELS IN INTEGRITY.
- ☐ I KNOW HOW TO OVERCOME PEER PRESSURE AROUND PRICING MY SERVICES.
- ☐ I DON'T TRY TO ACCOMMODATE MY RATES TO AN "INDUSTRY STANDARD".
- ☐ MY PRICING IS A WIN-WIN FOR THE CLIENT AND ME.
- ☐ MY RATES MAKE MY HEART HAPPY.



GENTLE TRAUMA RELEASE INSTITUTE

*The times we live in  
present a huge  
opportunity for  
personal coaching to  
rise up.*

WHAT'S NEXT?

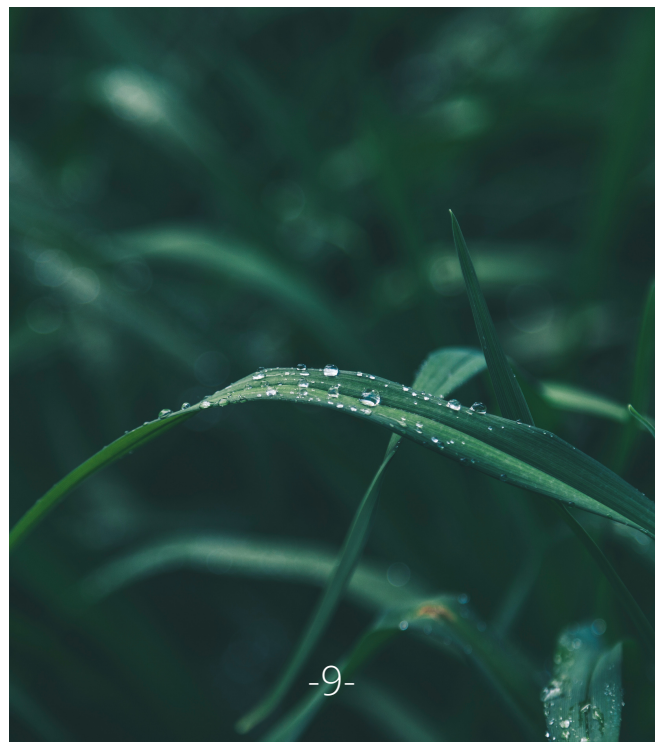
# *Let's Walk Together*

The Gentle Trauma Release Institute is committed to contributing to the evolution of personal coaching as a profession through our top-notch Training and honed curriculum.

We would love to see personal coaching evolve and thrive for the benefit of individuals, communities and humanity at large. This is why we created the Gentle Trauma Release© movement to begin with.

At this point, we are here to support practitioners in walking into a new era of personal coaching built on a Higher Vision.

The next pages will show you exactly how we bring the Higher Vision aspirations into practice.





# Aspiration #1

## SOLID UNDERSTANDING OF MENTAL HEALTH PSYCHOLOGY



### *How We Meet Aspiration #1*

Mental Health Psychology is part of the Gentle Trauma Release Institute curriculum. The Training offers you a generous amount of practical opportunities to study mental health challenges through the lenses of trauma via the 35+ video case studies offered. A comprehensive **Mental Health Psychology Course** is part of our *Graduate Club* (a post-certification care program open to our graduates).



# Aspiration #2

## POWERFUL TRAUMA RELEASE SKILLS

2

### *How We Meet Aspiration #2*

The Gentle Trauma Release© Training. It will teach you **everything you need to know to acquire superior trauma release skills.**

The Training is a one-stop shop that will equip you with everything you need to know to provide excellent trauma release work, delivered in a methodical and structured way. You don't have to run left and right to make sure you have what you need. We provide it all: the steps, the road map, the compass.





# Aspiration #3

## THE WHOLESOME SKILL REPERTOIRE

3

### *How We Meet Aspiration #3*

The Gentle Trauma Release Method© is based on combining coaching and therapeutic skills in the most optimal way. Our curriculum is purposefully developed to **equip the student with the Wholesome Skill Repertoire** where all three categories of skills are taught in theory and practice: Communication Skills, Strategic Skills and Attunement Skills. Our Training thus goes way above and beyond extraordinary trauma release skills. It is designed to bring your entire client work expertise to an advanced level.



# Aspiration #4

## IMPECCABLE SELF-CARE

4

### *How We Meet Aspiration #4*

The Gentle Trauma Release© Training is designed to cultivate and **enhance the emotional and mental well being of the student.** The Training requires applying all of the Gentle Trauma Release healing protocols to oneself before applying them to another. This gives the student the opportunity to heal their own trauma before helping someone else. In addition, the Gentle Trauma Release© healing protocols are designed so that they prevent empathy traumatization in the practitioner.



# Aspiration #5

## CLIENT-ACCESSIBLE PRACTICE



### *How We Meet Aspiration #5*

All Gentle Trauma Release Method© students are provided with **ready-to-use packaged offerings that they can offer to future clients right away**. The offerings are based on the solid methodology inherent of the Gentle Trauma Release Method©. Authenticity, integrity and service to humanity are nurtured in the student throughout the Training. Graduates then organically implement these values into their business practice in order to make their services client-accessible in a win-win manner for both the client and the practitioner.







## INVITATION:

### ENROLLING IN THE GTR® TRAINING

We typically enroll students on specific dates when a new class of Gentle Trauma Release® students opens (September). However, we usually keep a few places available for open enrollment for the student who wishes to enter the Training right away.

To provide you with the most updated news and information, please, join our newsletter by signing up at [GentleTraumaRelease.com](https://GentleTraumaRelease.com).

For enrollment, please send us an email at [info@gentletraumarelease.com](mailto:info@gentletraumarelease.com).

*“Together, we can enter  
a New Era of Coaching  
where our profession  
evolves into its purest,  
most beautiful version  
of itself.”*

## DO YOU HAVE QUESTIONS?

Contact us at [info@gentletraumarelease.com](mailto:info@gentletraumarelease.com)

GENTLE TRAUMA RELEASE INSTITUTE

*If practitioners abide  
by the Higher Vision for  
Personal Coaching, our  
profession will survive  
and thrive...for the  
benefit of all .*



# MY NOTES

NEW ERA OF COACHING