# Creative & Experiential Coaching Tools – Combined Coach Guide & Client Tracker

This document contains structured, step-by-step guides for seven Creative & Experiential Coaching Tools. Each section includes fillable areas for coaches to track progress, client insights, and outcomes.

## Metaphor Exploration

### Step 1: Identify Metaphor

Ask client to describe their challenge/goal as a metaphor (e.g., a journey, storm, mountain).

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### Step 2: Expand Imagery

Explore qualities, environment, and actors in the metaphor.

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### Step 3: Unpack Meaning

Identify unconscious beliefs or values revealed through metaphor.

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### Step 4: Reframe & Adapt

Modify the metaphor into a more empowering version.

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### Step 5: Application

Define how the new metaphor guides future actions.

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### Progress Log

Track metaphor use in decision-making and resilience.

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### Outcomes & Insights

Document insights and new perspectives.

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## Drawing & Visual Mapping

### Step 1: Define Focus

Clarify theme or challenge to map visually (timeline, system, goal).

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### Step 2: Visual Expression

Have client sketch, draw, or symbolically represent their issue.

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### Step 3: Exploration

Discuss symbols, placement, size, and relationships.

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### Step 4: Meaning Making

Identify insights from the drawing and connections revealed.

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### Step 5: Action Plan

Translate insights into practical next steps.

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### Progress Log

Review how visual mapping influences understanding over time.

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### Outcomes & Insights

Summarize impact and new clarity gained.

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## Storytelling

### Step 1: Current Narrative

Ask client to share their story about themselves, situation, or goal.

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### Step 2: Identify Themes

Highlight limiting themes, repeated plots, or unhelpful roles.

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### Step 3: Re-Authoring

Support client to create a more empowering narrative.

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### Step 4: Future Story

Invite client to tell a story of success with positive outcomes.

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### Step 5: Integration

Identify actions that align with new narrative.

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### Progress Log

Track narrative shifts and consistency with new story.

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### Outcomes & Insights

Record changes in self-identity and confidence.

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## Vision Boards / Future Self Exercises

### Step 1: Define Purpose

Clarify the life/goal area for visioning (career, health, relationships).

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### Step 2: Collect Images/Symbols

Use magazines, digital tools, or drawings to represent goals.

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### Step 3: Assemble Vision Board

Arrange visuals to represent desired future.

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### Step 4: Reflection

Explore emotions and motivations evoked by the vision board.

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### Step 5: Daily Activation

Plan how client will engage with board (e.g., visualization, affirmations).

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### Progress Log

Track motivation and alignment with daily actions.

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### Outcomes & Insights

Observed clarity, motivation, and goal achievement.

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## Object Coaching

### Step 1: Select Object

Invite client to choose or be given an object to represent issue or resource.

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### Step 2: Attribute Exploration

Discuss object qualities (shape, color, weight) as symbolic associations.

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### Step 3: Dialogue with Object

Encourage client to speak from the perspective of the object.

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### Step 4: Insight Generation

Identify new perspectives gained from symbolic externalization.

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### Step 5: Application

Translate insights into new actions or strategies.

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### Progress Log

Track use of symbolic thinking in reflection and choices.

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### Outcomes & Insights

Document breakthroughs or creative solutions.

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## Role Play & Dialogue

### Step 1: Define Scenario

Clarify upcoming conversation, conflict, or internal dilemma.

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### Step 2: Assign Roles

Client enacts self and other (coach may step in if helpful).

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### Step 3: Dialogue Practice

Run the dialogue; note emotions, body language, and choices.

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### Step 4: Reflection

What worked, what shifted, what insights emerged?

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### Step 5: Rehearsal

Repeat with improved strategies and communication styles.

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### Progress Log

Record use of role play for preparation and confidence building.

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### Outcomes & Insights

Note impact on real-life communication outcomes.

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## Music & Movement Integration

### Step 1: Define Goal/State

Clarify what emotion/insight the client wants to access.

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### Step 2: Select Medium

Use rhythm, movement, or sound/music as intervention.

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### Step 3: Embodied Expression

Have client move, sing, or engage with rhythm to access emotion.

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### Step 4: Reflection

Discuss insights, releases, or metaphors from the activity.

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### Step 5: Integration

Plan ways to use music/movement for ongoing regulation or insight.

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### Progress Log

Track regular use and impact of music/movement practices.

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### Outcomes & Insights

Record changes in emotional regulation and creativity.

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