

Coach's Companion Workbook

DOWNLOADABLE BONUS COMPANION

Introduction to This Workbook

This workbook consolidates the reflection questions from every chapter of *Beyond Wellness* into a single, structured resource for your professional development.

Why a separate workbook?

Reading about chronic illness coaching is not the same as integrating it into your practice. The concepts in this book will challenge assumptions you may not know you hold. They will ask you to examine your relationship with achievement, productivity, rest, and control. They will require you to look honestly at where your training has prepared you well and where it has left you underprepared.

That integration work requires reflection, not just once, but repeatedly as you encounter new situations, make mistakes, and deepen your understanding.

How to use this workbook:

Option 1: Comprehensive review. After reading the entire book, work through the workbook from beginning to end as a self-assessment and integration exercise.

Option 2: Targeted reflection. When you encounter a challenging client situation, return to the relevant chapter's questions. Use them to examine what is activated in you and what might better serve the client.

Option 3: Supervision preparation. Before supervision or peer consultation, review relevant questions to prepare for discussion. Your answers provide rich material for professional support conversations.

A note on honesty:

These questions only serve you if you answer them honestly. Some will be uncomfortable. Some will reveal gaps between who you want to be as a coach and who you currently are. That gap is not failure. It is the space where growth happens.

Write your answers. Speaking them aloud or thinking them through is less effective than writing, which slows thought and increases precision. You can use this workbook, a separate journal, or a digital document.

Return to your answers periodically. Your responses will change as you gain experience. Tracking that evolution is part of the practice.

A Practical Framework for Maintaining a Sustainable Coaching Practice

This plan is designed to help you turn reflection into structure. Sustainable practice requires clear decisions about workload, boundaries, recovery, and support.

This is not a plan for perfect balance. It is a plan for noticing strain early and responding before depletion becomes crisis.

Complete this plan in writing. Revisit it quarterly or whenever your work becomes harder to sustain.

Part 1: Early Warning Signs

Burnout usually appears first as a pattern. Identify the signs that signal you are moving out of sustainability.

My early warning signs are:

Physical:

Emotional:

Cognitive:

Relational:

When these signs appear, I tend to:

The signs I am most likely to ignore are:

Part 2: Sustainable Capacity

A sustainable practice is built around what you can maintain consistently, not what you can tolerate briefly.

Maximum client sessions per day: _____

Maximum client sessions per week: _____

Maximum higher-complexity sessions per week: _____

Signs I have exceeded capacity:

Tasks that add significant load:

What can be reduced, delegated, automated, or simplified:

Part 3: Boundaries

Boundaries protect the work. They make care steadier, clearer, and more ethical.

My standard session length is: _____

My buffer time between sessions is: _____

The latest time I will schedule clients is: _____

My response window for client messages is: _____

My boundary around after-hours communication is:

One boundary I most need to strengthen is:

Part 4: Recovery

Recovery must be planned, not hoped for.

Practices that reliably help me recover:

Daily:

Weekly:

After difficult sessions:

What needs to be protected in my calendar for recovery to happen:

Part 5: Support Structure

Sustainable practice requires support, not just individual resilience.

My current supports include:

Supervision or consultation: _____

Peer support: _____

Personal therapy or other care: _____

Where my support structure is thin:

One support I need to add in the next 30 days:

Part 6: The 50% Line

Reflect on one client relationship that feels heavy or draining.

What am I carrying that belongs to the client?

Where am I overfunctioning?

What would it look like to return to my side of the work?

What boundary or support would help?

Part 7: Red, Yellow, Green Check

Green: When I am practicing sustainably, I notice:

Yellow: When I am moving toward strain, I notice:

Red: When I am no longer practicing sustainably, I notice:

My required response at yellow is:

My required response at red is:

Part 8: Next-Quarter Commitments

For the next three months, I will:

- 1.
- 2.
- 3.

The practice change most likely to protect my longevity is:

The support I will put in place by [date] is:

Closing Reflection

Protecting your own capacity is part of protecting your clients.

For my practice to remain humane, ethical, and sustainable, I need to stop

and start

Synthesis Exercises

The following exercises invite you to synthesize learning across chapters.

Career Retrospective

Looking back at your coaching career:

When did you first encounter a client who did not fit the Wellness Assumption?

What did you think at the time? How did you explain their apparent stall in progress?

When did your understanding begin to shift? What catalyzed the shift?

Where are you now in your understanding? What remains uncertain?

Five Principles Self-Assessment

Rate yourself on each principle of the ACCF (1 = struggle significantly, 5 = integrate naturally):

Principle 1: Detachment From Outcome ____ / 5

Measuring success by stability, self-trust, and quality of life rather than by visible progress or achievement. The coach's first task is to detach from the outcome of the coaching relationship.

Principle 2: Meeting Today's Capacity ____ / 5

This principle sits at the center of every session. Before coaching begins, assess and respect the client's capacity on that day.

Principle 3: Calibrating Ambition ____ / 5

Tuning every goal, plan, and conversation to the client's actual physiology rather than to a generic progress template.

Principle 4: Honoring the Body's Wisdom ____ / 5

Treating symptoms as information rather than obstacles. Asking what a symptom signals about capacity rather than how to eliminate it.

Principle 5: Presence Over Fixing ____ / 5

Resisting the righting reflex. Partnering with the client rather than rescuing them.

For your lowest-rated principle: What specifically makes this difficult? What would help you grow?

For your highest-rated principle: How did you develop this strength? Can you apply the same approach to your weakest area?

Supervision Preparation

Think of your most challenging current client. Answer these questions to prepare for supervision or peer consultation:

1. What is the presenting issue?
2. Which of the five principles feels most relevant?
3. What am I doing well with this client?
4. Where am I stuck or uncertain?
5. What assumptions might I be holding that need examination?
6. What specific guidance would help me most?

Practice Systems Review

Review your:

Intake forms

Session structure

Goal-setting process

Cancellation policy

Marketing materials

Consent documents

For each, ask: Does this serve clients with fluctuating chronic illness? What needs to change?

Sustainability Audit

Answer honestly:

1. How many hours per week do I spend in direct client contact?
2. How many of those hours involve chronically ill clients?
3. What recovery practices do I have in place?
4. When did I last take time off?
5. Who supports me in processing difficult sessions?
6. What would need to change for my practice to be sustainable for the next decade?

An Ongoing Practice

Reflective practice is not a one-time event. Consider:

Weekly: After your most challenging session each week, spend five minutes writing: What happened? What did I do well? What would I do differently?

Monthly: Review your responses to the Five Principles Self-Assessment. Notice any shifts.

Quarterly: Work through the questions for one chapter, chosen based on what feels most relevant to your current growth edge.

Annually: Complete the entire workbook fresh. Compare to previous years' responses. Notice your evolution.

This workbook is designed to be used repeatedly throughout your career. Your answers will change as you grow. That growth, captured in writing, is the evidence of your development as an adaptive practitioner.