

Own Your Voice Coaching Sequence

COACH: Let's dive into your relationship with owning your voice and being heard. We weren't born feeling that we shouldn't speak up or use our voice; in fact, babies scream at the top of their lungs to get their needs met.

Somewhere along the way, though, something happened that had us believe that we couldn't or shouldn't speak up or speak out. Chances are good that that belief may be holding you back from creating the things you want most now.

Our job is to identify that limiting belief by exploring the messages your family of origin gave you, or stories they told you, around owning your voice. Once we identify the limiting belief, we can gently transform it into a new belief that is more in alignment with the person you are becoming.

How does that sound?

Are you ready to get started?

THE OWN YOUR VOICE SEQUENCE

1. What was the story you grew up with around using your voice (or being heard)?

2. How has that shown up in your life?

3. What do you think is the **positive value** behind that story about using your voice and/or being heard?

4. Do you share that value?

- If no, then what value do you have instead?

5. How can you honor the **positive value** in your family of origin's story while creating a new "own your voice" story that includes **your values**?

6. Create your new Own Your Voice Power Statement:

“I am _____”

COACH: Great job! Based on your new Own Your Voice Power Statement, what Empowered Action would you like to take in the next 24 hours?

COACH: Is there anything that would stop you, slow you down or keep you from doing _____ in the next 24 hours? [If necessary, coach your client on getting the support she needs to make this action step inevitable.]

COACH: What aha’s, insights or appreciations do you have from this session today?