

## Episode 26 – Championing



### **The Coaches Training Institute definition of Championing:**

When you champion clients, you stand up for them when they doubt or question their abilities. Despite the client's self-doubt, the coach knows clearly who the client is and that he or she is capable of much more than the client thinks. CHAMPIONING IS OFTEN FUTURE FOCUSED. When the client is in the valley, the coach is on the next hill, waving a flag and saying, "Come on. You can make it."

### **Three Tips for Championing Others:**

Tip #1: Be Present. Each day be aware to move out of your head and place your attention outward. Being fully present makes you available to others, to see them and make meaningful connection.

Tip #2: True Vision. Seeing others clearly, through the lens or belief that this person is a gift and has gifts to offer. We actively look for the gifts within another, seeing past their self-doubt, so we can encourage and call them forth.

Tip #3: Speaking From Your Heart. Listening within yourself and authentically sharing what you see in the other or what you believe them to be capable of. Offering a heart-felt encouragement.

### **An Invitation:**

Be on the lookout every day for that person in your life who needs to know that you are here with your arms wide open. As you champion them, you let them know that they have your support, your encouragement, your belief in them, and the safety of the space with you to fall into. It becomes much easier to take a leap knowing there is someone on your side saying, "Come on, you can do this. You have everything you need to take this step!"

It is our intention for podcast episodes, along with shows notes and worksheets, to bring new ways of thinking, being and doing that support and enhance your work and life. We'd love to hear from you! Please subscribe on Apple podcasts and then rate and review. Thank you!