



The 5 Elements of  
**HOLISTIC  
COACHING**

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YOUR PRIVATE ACTION GUIDE  
WITH MARGARET MOORE

# WELCOME TO YOUR PRIVATE ACTION GUIDE

## 5 Tips to Get the Most Out of This Masterclass

1. Print this guide before the Masterclass so you can take notes as you listen. You can also download and type directly in the guide to save paper.
2. Review the contents of this guide before the Masterclass so you know what to expect, and you can best set aside private time before, during, and after the Masterclass to complete the activities.
3. You can pause the Masterclass video to take notes or fill in the blanks by clicking on the video screen.
4. Think of how you can quickly implement the lessons revealed in this session to improve your coaching and impact.
5. During the Masterclass, use the dedicated space on the right side to write down **ALL** interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to **you**.

**“Engage biology’s triple aim. Connect. Grow. Thrive.”**

- Margaret Moore

# PART 1: PRE-MASTERCLASS EXERCISE

## Start with Intention

Write down and set your positive intentions here. What are your intentions for joining this Masterclass? What do you hope to leave with?

**"As Coaches we are now more needed than ever."**

- Margaret Moore

# WHAT TO EXPECT

## Table of Contents

### **PART 1: PRE-MASTERCLASS EXERCISE**

- Set your intentions before the Masterclass

### **PART 2: THE 5 ELEMENTS OF HOLISTIC COACHING**

- Element 1: Understanding Coaching Psychology
- Element 2: Organising Your Mind
- Element 3: Emotional Intelligence
- Element 4: Body Intelligence
- Element 5: Transformational Change

### **PART 3: TEST YOUR KNOWLEDGE**

- Solidify your learning after the Masterclass by completing a quiz

### **PART 4: EXERCISE**

- Craft your unique personal message after the Masterclass

### **PART 5: REFLECTION**

- Integrate by asking yourself some powerful questions

### **PART 6: REVIEWS & STUDENT STORIES**

- Read what other people say about Margaret Moore

# PART 2

## THE 5 ELEMENTS OF HOLISTIC COACHING

Follow along the Masterclass and fill in the blanks. **You can pause the video to write down your answers or take notes on the right. Click on the video to pause.** But pay attention, because you cannot rewind!

Emotions are your \_\_\_\_\_ talking to you.

Growth Edges are moments in which you feel either the need to be in control (pushy) or depleted. This is a sign that your emotions are trying to tell you something that can help you grow.

Our clients are not necessarily ready to work on all their \_\_\_\_\_ edges. Growth edges are uncomfortable so you can see if somebody is ready and motivated to move past them or not.

### ELEMENT 1 : Understanding Coaching Psychology

The most respected theory of human motivation in the past has been Maslow's Hierarchy of \_\_\_\_\_.

As Maslow's theory did not have enough science to back it up, researchers came up with a few theories on intrinsic motivation.

These propose the notion that there are different forces within a human that lead to different types of motivation and not all of them lead to long lasting transformation. There are 4 theories that stand out. Here are two of them:

1. **Self-Determination Theory (by Deci & Ryan)** states that...

...of all our needs there are 3 that stand above the rest:

1. \_\_\_\_\_
2. Desire for Relationships that support Autonomy
3. Need to be Competent

## 2. Transtheoretical Model for Behaviour Change (by Prochaska)

This model helps understand the forces that determine whether or not you are \_\_\_\_\_.

There are 5 stages of readiness. There's a lot of subtle forces that determine whether you really are ready or not. What underpins the 5 stages is something very simple: decisional balance.

Decisional balance is the balance between the reason to \_\_\_\_\_ and the reason not to change.

When you're for example in pre-contemplation your reasons not to change are really weighing down, and you either \_\_\_\_\_ or \_\_\_\_\_.

Most of us sit in the balance of change and no change. That's the sweet spot for \_\_\_\_\_.

The other stages include action and maintenance. The best spot for you to help as a coach is when somebody wants change & believes they can do it.

## ELEMENT 2 : Organising Your Mind

As coaches we should be ahead in organising our minds. There are 6 areas to focus to better organise our minds.

One of these areas is a \_\_\_\_\_ mind. You can go for a run, do mindfulness techniques, get a good night sleep. Important is that as coaches we show up present and that works best with our minds \_\_\_\_\_.

The second is being in a deep \_\_\_\_\_. There are many kinds of it. It can be just thinking. It can be free flow. Another is being judgemental.

By using these different principles to organise your mind, you can make sure to guide your conversation with agility. Dive deep and go back out.

There's a phenomenon in Neuroscience that's called syncing. The reason why this works is because your client is tuning into your state of \_\_\_\_\_.

## ELEMENT 3: Emotional Intelligence

Your emotions are speaking to you expressing a \_\_\_\_\_ you have.  
Mindfulness helps you embrace these emotions without pushing them away.

Emotional Intelligence is really about paying attention to your emotions.

Positive emotions are saying: \_\_\_\_\_.  
Negative emotions ask you to take a deeper look.

The first step to Emotional Intelligence is to \_\_\_\_\_ your emotions instead of wishing them to go away.

The second step is to \_\_\_\_\_ the message they're trying to tell you.

Once we've learned the lesson it's often about switching the channel and moving on. If you're looking for places to coach, just follow \_\_\_\_\_.

You also need enough \_\_\_\_\_ emotions to be able to navigate the negative ones.

## ELEMENT 4: \_\_\_\_\_ Intelligence

This is a new concept that Margaret developed with the psychologist Jim Gavin. Body Intelligence is a relatively new area.

We don't spend a lot of time living in our body. The framework we talk about starts with \_\_\_\_\_ to your body. This involves breath, heartbeat, etc.

Body Intelligence is about being aware of your body's needs and actually \_\_\_\_\_ in that right activity.

It takes some time to really listen and focus. It's a lifelong journey, because as you age it \_\_\_\_\_.

## ELEMENT 5: Transformational Change

Coaches are the experts in helping people change. Transformational Change is really a shift in our \_\_\_\_\_.

The identity we currently have is not going to help us master the challenges that we'll be dealing with in the future.

Transformational Change is a change in \_\_\_\_\_ and in behaviour. That means we act differently, we feel differently, we think differently.

There's 3 levels of transformational change.

- 1: You learn something new.
- 2: You have a shift in perspective.
- 3: You have a shift in identity.

The brain can only create 1mm of neural network a day. That's why the brain needs a lot of small steps to reach a bigger shift.

The question therefore becomes: How do we help people make those changes faster and better?

**PART 2 OF YOUR GUIDE IS NOW OVER.  
YOU MAY PUT THIS GUIDE ASIDE UNTIL THE END OF THE MASTERCLASS.  
ENJOY THE REST OF YOUR CLASS!**



## PART 3: TEST YOUR KNOWLEDGE

Complete this quiz after the Masterclass to solidify your learning.

1. What are the 5 Elements of Holistic Coaching put forth by Margaret Moore?
2. Why is it important for coaches to organise their minds?
3. What's the most simple way to explain emotional intelligence and how can emotions help us create transformations?
4. Self-Determination Theory states that...
5. What's the difference between normal change and transformational change?

## PART 4: EXERCISE

Try this exercise using the lessons Margaret revealed in the Masterclass to craft your methodology. Use an extra piece of paper if you need to.

1. How are you going to use what you've just learned from the 1st Element (Understanding Coaching Psychology) to be a better coach?
2. What's your way of organising your mind and helping your clients organise their minds?  
What is one way that you can get more skilled in this?
3. How can you integrate what you've just learned on Emotional Intelligence into your life or your current coaching methodology?
4. What is something about Body Intelligence that you want to share with your friends, family & clients?
5. What's a growth edge and how are you currently helping your clients and how can you help help your clients move faster past these growth edges in the future?

## PART 5: REFLECTION

The right questions can spur your unconscious mind to feed you the right answers. So ask yourself... (Use an extra piece of paper if you need to).

1. What would your life look like if you were to understand and integrate the full science behind coaching and the ways how to holistically coach your clients?
2. How can you contribute more to your family, relationships, yourself, and your community if you enhance your expertise as a coach?
3. How will your life change once you're able to step up and lean into the person you're meant to be?
4. What is the one thing you can do right now to demonstrate you are dedicated to elevating your expertise and ability as a coach?

**THANK YOU for joining Margaret Moore's Masterclass!**



To take your methodology and impact to the next level please visit <http://bit.ly/holistic-coaching> for info on Margaret's remarkable program on Holistic Coaching.

But do not sign up for the course anywhere else... since at the end of the webinar the price will be reduced as a thank you for webinar participants!

## PART 6: REVIEWS & STUDENT STORIES

### **"The world needs more visionaries like yourself"**

"Thank you, Coach Meg! You refer to coaching as "a very sophisticated form of facilitation... of someone else's learning, growth, creativity...". And, you indicated that "when you become a coach, you sign up for lifelong change and growth on a steep trajectory...". It resonated very much with me. The world needs more visionaries like yourself with courage, confidence, curiosity, and connections to develop and implement transformational programs. Thank you for leading the way!

- Nahide

### **"After 44 years in nursing, your program reset my clock"**

In my diabetes group session last night, Alex, a newly diagnosed patient, shared with me. "I can't thank you enough for being so positive and optimistic about this disease...my other health care providers have been all so doom and gloom." After 44 years in nursing, your program reset my clock. I start with the positive and carry that through with all my patients. I just wanted you to know the impact you're making!

~ Susan

## **"Here is a woman who is super smart, energizing, relatable and unbelievably articulate"**

So often you don't get to hear the impact you made. I have been a longtime fan of your work. I'm sure you don't remember, but I attended a breakout session you led at the Art & Science of Health Promotion conference way back in 2008 (and introduced myself to you afterwards). It was truly one of the most memorable talks I've ever attended, and contributed toward my moving into this field! I thought to myself: here is a woman who is super smart, energizing, relatable and unbelievably articulate. Your talk is what sold me and got me hooked. So, thank you for that!

~ Laura

## **"I have learned & continue to learn a tremendous amount"**

I want to share my sincerest appreciation & gratitude to you for researching, publishing, & advocating for health & wellness coaching. Your passion for coaching is highly reflected in all of your work. As a practicing coach, who started coaching because of your insightful material, I have learned & continue to learn a tremendous amount from your publications. I am so extremely excited to see the Wellcoaches behavior change coaching model being practiced & adopted by so many health & wellness related fields. Thank you again, Coach Meg!

~ Lauren