



## Ways of Approaching Resistance

Resistance happens. To all of us. Resistance happens for different reasons and in different circumstances. The good news is you can work with it. Here are a few ways to approach working with resistance.

**CELEBRATE YOUR CLIENT** Get to know their successes, strengths, and values. These are motivating factors in their lives – explore them and see if you can spark motivation for them in some way.

**INCORPORATE YOUR CLIENT'S POINT OF VIEW** Their point of view is not right or wrong, but it is a source of energy for them. Explore how their point of view is helping or hindering them in reaching their personal or professional goals.

**EMPOWER YOUR CLIENT TO SEE THE BIG PICTURE** When they are stuck in their thinking, encouraging your client to look at things from another point of view – like seeing the big picture – can help them see new perspectives and possibilities. There might be something in that new perspective, or in those new possibilities, that will motivate them to work toward something different and new.

**FIND OUT WHAT COACHING MEANS TO YOUR CLIENT** Knowing what coaching means to them is vital to ensuring you are both on the same page and moving in the same direction; otherwise you could be working against each other or at the very least walking in circles around one another.

**EXPRESS EMPATHY** Meet your client where they are at, especially when it comes to how they feel about the situation they are in. Express empathy and understanding.

**SUPPORT SELF-EFFICACY** Demonstrate belief in your client, that they can and will do what is best for them. When it comes to coaching, it is all about our client.