



# **BIG COACH ENERGY™**

## *Toolkit*

Checklist + journal prompts to help you facilitate quantum transformation with your clients

*By Ashley Gordon*

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WWW.THEQUANTUM.COACH



## ***Dear Coach,***

Welcome! The fact that you're here tells me that you're dedicated to creating quantum transformations and being a world-class coach + leader for your clients — and nothing could make me happier!

I'm so excited to share this checklist and these journal prompts that have everything you need to facilitate the most amazing sessions with your clients.

The reflection prompts I share here are the 5 pillars to creating transformational coaching sessions. The questions will help you dive into each pillar and build your awareness of how you're showing up for your clients.

Be open and honest with yourself while answering these questions. No one has to see your answers but you. If you dig deep, you will find areas in your coaching that can shift so you can create even greater transformations with your clients.

This toolkit was made with love and intention for you to expand your gifts as a coach.

Ready to dive in?

Tag me on Instagram  
or DM me to let me know  
what opened up for you.

To quantum transformation,

*Ashley Gordon*

## *The Quantum Coach Must-Have Checklist*



- Create an easy way for potential clients to book discovery calls with appropriate social links.
- Utilize an online booking system, such as Calendly or Acuity.
- Once you sign a client, have an efficient onboarding process.
- Set up your legal documents and contracts.
- At the start of your coaching container, set communication expectations for a successful client experience.
- Before each coaching call, be sure to step into your Big Coach Energy.
- Ground and protect your energy.
- Show up on time and in your best energy.

## *The Quantum Coach Must-Have Checklist*



- Set up your coaching session for success by asking the client what they most want to get out of the session.
- Hold space with ease and listen confidently.
- Use your intuition throughout the session to know which tool(s) to choose to facilitate massive breakthroughs with your client.
- Close the session by asking your client for what and how they would like to be held accountable.
- After the session, organize your client notes and send homework, if applicable.
- Clear your energy post-session.
- Celebrate yourself for being an amazing coach who is always willing to learn and grow!

*"I am a world-class coach on a mission with a vision."*

## *Journal Prompt*



## **BE INTENTIONAL.**

How intentional are you being when you start, lead, and guide your coaching sessions while making sure you are always following the client's agenda for what they wish to get out of the session?

How do you intentionally start, lead, and guide the session?

What is your process?

*Journal Prompt*



**CREATE  
CONNECTION + RAPPORT.**

How do you create connection between you and your client in a way that speaks louder than words?

How can you create connection without words?



## *Journal Prompt*



## **LEAD WITH CURIOSITY + LOVE.**

How can you lead with curiosity rather than assuming you already know the answers for your client?

Are you coming from a place of fear that your client won't get what they need out of the session or from a place of love knowing that they will?

Depending on your answer to the previous question, journal about your fear, and ask yourself, "Who am I making this about? Me or my client?" and explain your answer.

## *Journal Prompt*



## **HAVE INTEGRITY OVER ALL.**

When helping your client discover more and connect dots. ask yourself, "Am I still connected to their agenda? Am I purely listening and asking deepening questions that will make a difference?"

Do you feel more connected to their agenda or your own?





## Journal Prompt



## CHECK ECOLOGY.

Ask yourself, "Is this conversation and energy exchange safe for my client, myself, and the world?"

When has it not felt safe, and how can I better navigate coaching when my client is having a breakdown?

# So, are you feeling the Quantum Coach vibes, or what?

I hope you've loved these pillars and prompts.

They've totally transformed my coaching and leadership, and I know they will do the same for you!

As a coach, we have to keep growing in our craft. This is just the beginning of upleveling your coaching craft and the transformation you're providing for your clients.

Now, I want to share an exclusive invitation to join the waitlist for the next round of the Quantum Coaching Academy (QCA).

In QCA, you will earn certifications in foundational and advanced tools as well as Neuro-Linguistic Programming (NLP) processes to help you create quantum leaps with your clients.

Joining the waitlist is the first step in your application process for QCA.

If you already know that QCA is for you, click the link below to join the waitlist and stay updated on the application process.

**LET'S DO THIS!**

*Ashley Gordon*

**[JOIN THE QCA WAITLIST HERE.](#)**

