

Coaching “Magic” — Helping Clients Manage Change

At different times in your coaching journey you'll have to make changes and introduce new programs or techniques in order to adapt to your client's changing needs.

When introducing a change, be thoughtful about how you bring it up to your client. Pregnancy can bring about some uncomfortable, or even scary topics, and it's important you help your client feel supported.

The conversation may look something like this:

Coach A: “Jessica, we won't be doing planks anymore because any front-loading exercises will cause the muscles in your belly to separate even more. Then you'll end up with a hernia, and you'll have to get surgery to get it fixed, and...”

Coach B: “Jessica, I have some really cool new moves to train your core! Let's try this one, it's called the Pallof press and it's a great exercise for your core as your abdomen changes...”

Both coaches are introducing programming changes based on the client's needs, but which approach was more tactful?

Coach A speaks mostly of dangers and potential harm. Meanwhile, Coach B speaks enthusiastically about new exercises that are appropriate for her client. She's being thoughtful of how she's sharing information and is getting the work done without leading her client to worry or stress.

Focus on the benefits and educate your clients along the way about the things that will help keep her body functioning optimally.