

# Sanctuary

## Touch Point Connection

The definition includes: a refuge, a place providing protection and shelter from danger or hardship.

The development of Sanctuary in a coaching relationship is a foundational element that supports any tools, skills, questions, and frameworks used during a conversation.

Sanctuary provides for effective communication.

Sanctuary creates a safe place for the teen to explore their potential, capabilities, opportunities, and choices for their lives. It allows the teen to realize the aspects of their lives that are limiting their growth and development.

The coach must feel comfortable and safe herself/himself; trust that the teen has the capacity to take care of themselves because they are resilient; and trust the process of coaching.

A coach patiently provides support, and appropriately supplies acknowledgment and encouragement.

The teen must sense that we support them, respect them, and trust them.....without criticism, embarrassment, hurt, or judgment.

Sanctuary creates feelings of openness, expansiveness, fun, energy, and unlimited possibilities.

Some other aspects of coaching that can amplify and support the feeling of Sanctuary:

- Telling a teen how we will be for them in Sanctuary....and then doing it
- As a coach we must first see the teen accurately and then accept them totally just as they are
- Trusting that self-discovery and teen generated solutions and strategies provides for movement.
- We are not here to change or rescue them. When we believe that they can handle anything, it gives the teen confidence in themselves
- Set compassionate boundaries and not become emotionally involved
- Test our assumptions by asking questions, summarizing, reframing, etc., rather than giving advise
- Having genuine interest and naïve curiosity
- If we feel any intensity in the process it is probably about us. Rather, trust the process of coaching

Ultimately, the teen creates Sanctuary for themselves and others.