

Master the Power of Coaching Cards

Know Your Cards

- Tarot Cards
- Oracle Cards
- Image Cards
- Content Cards
- Combination Cards – Image + Content

The 4 Basic Principles of working with Coaching Cards

1. Ground yourself
2. Keep a clean language
3. Identify the specific issue/topic you are working on
4. Be unattached to the content/image on the card

Two Approaches to Using Coaching Cards

Revealed Cards – image/content revealed

Hidden Cards – image/content hidden (cards facing down)

Single draw – Using 1 Card

1. Focus on a topic and ask a specific question.
2. Shuffle the deck and pick a card.
3. Look at the image.
4. Notice what comes up in the body, thoughts, emotions and sensations.
5. Explore how the connection with the question and the topic.
6. Do not offer interpretations

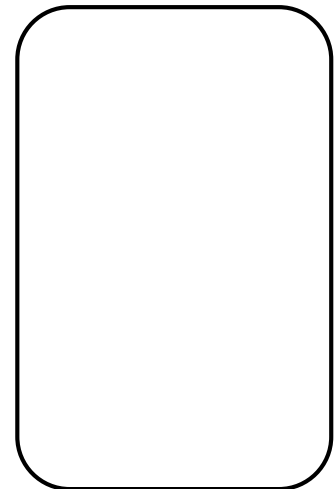
Deep Reflection Single Draw Template

Revealed Card

- Why did you choose this card?
- What do you like about this card?
- What stands out?
- What story is this card telling?
- What perspective is this card offering?
- How is this connected to the issue?
- What are you learning?
- What becomes possible?

Hidden Card

- Tell me about this card.
- What comes up for you?
- What story is this card telling?
- What new perspective is this card offering?
- How is this connected to the issue?
- What are you learning?
- What becomes possible?

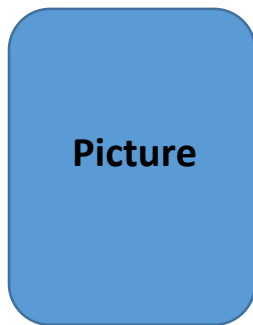


Card Layouts – Using Multiple Cards

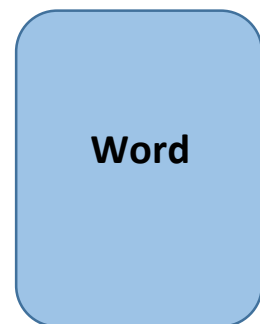
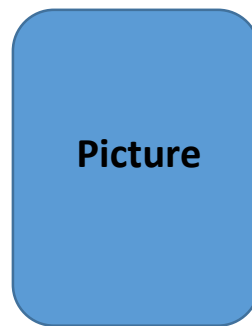
1. Create clarity on the topic/issue in question.
2. Shuffle the deck and place it facing down (hidden cards)
3. Draw the cards according to the template structure
4. Look at the images.
5. Notice what comes up in the body, thoughts, emotions and sensations.
6. Remain curious and unattached to the cards.
7. Do not offer interpretations

Exploring Perspectives - Template

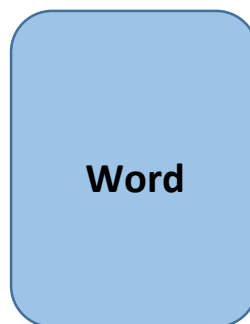
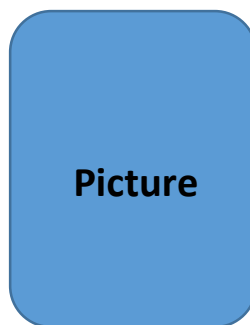
Perspective #1



Perspective # 2

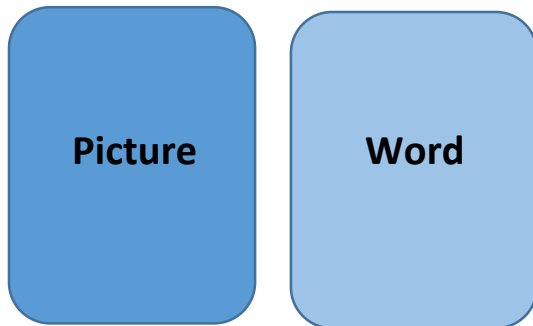


What is the new learning/action?

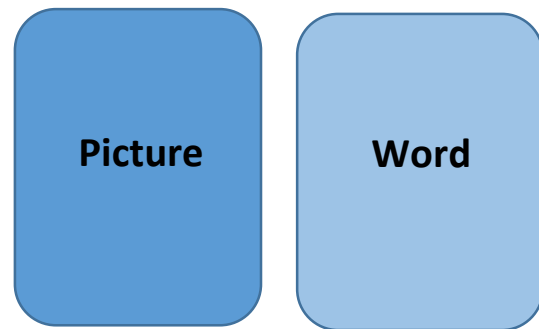


Revealing Resources

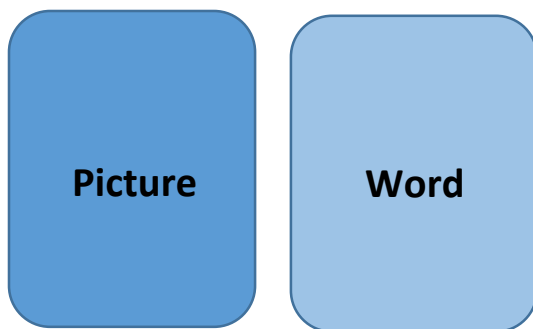
The Block I am seeing



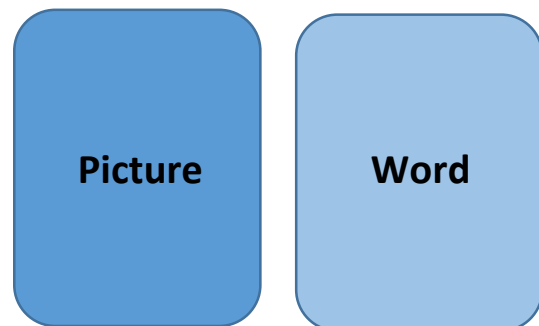
Block I am not seeing



Resources I am aware of

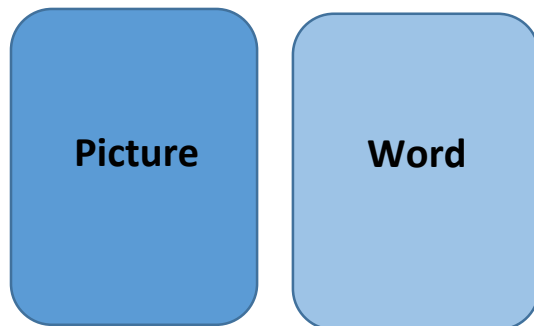


Resources I am NOT aware of

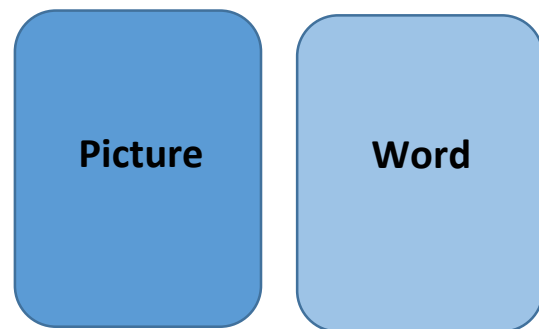


Inner Learning Process

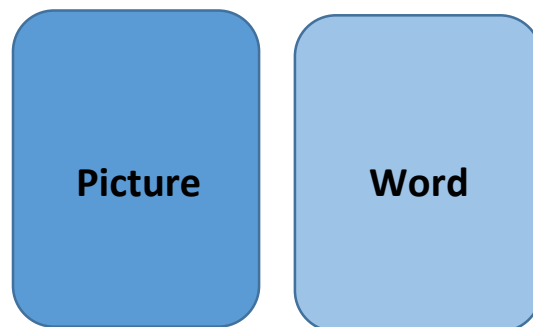
The underlining Issue



What am I not seeing?

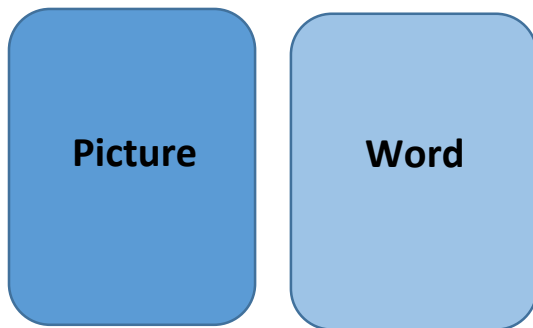


What do I need to let go of?

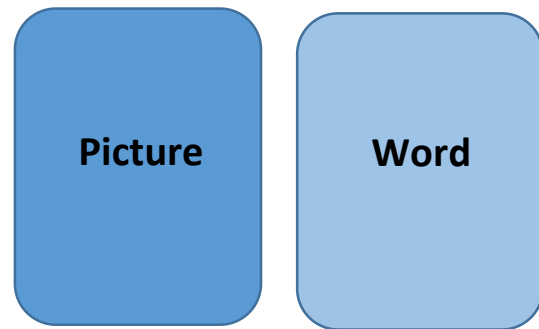


Time line clarity on a Specific issue

Past Related to the Issue



Present Related to the Issue



Future Related to the Issue

