

## Moore Master Coaching call with Amarah Ross MCC

**Coaching Scenario:** This client is not in the coaching profession, she's never been coached before and this the first time that she and Amarah have ever met or spoken.

**Coaching Topic:** She's been married 13 years but they've been together 20. They met freshman year, it's the only relationship she's ever had. They have separated, she's just moved out of the house. Her husband is the one who wants the divorce-no affair or anyone else its due to underlying issues. She's trying to get through it, still very tender- still has feelings for him. She wants to figure out how to deal with her emotions and the feelings she has for him still and move on.

### Some of the participants take-aways:

- *"Amarah is truly an MCC and I will keep her in mind when I want my MCC for her mentor coaching program".*
- *"THAT was purely masterful. Just beautiful. Taking away the energy & pacing of masterful."*
- *"The power of the coaching vessel when held by a truly present and fearless individual can be transformational in 30 minutes."*
- *"Excellent call, great demonstration of ICF competencies"*
- *"Brilliance of clearing emotion first. A few key questions for exploring emotion with clients"*
- *"Reminder that all calls do not need to be an hour. There may be a need to reframe these expectations with my clients."*
- *"Hearing Amarah go back over her thinking/feeling process she used with her client."*
- *"Address emotions when I hear them"*