

Art of Acknowledgment

Acknowledgment is one of the most powerful communication skills for building meaningful relationships and assisting your client in accessing their essential self and personal power. Acknowledgment shines the light on *who* they are being, qualities they are visibly demonstrating or values they are honoring, versus *what* they are doing.

As a coach:

- Be a reflector; keep the focus on the client; it's not about you
- Be specific, simple and succinct
- Focus on the qualities or values that you notice your client is *being* (rather than focusing on what they are *doing*)
- Authentic, sincere and appropriate

Examples:

*John, I appreciate your **self-honesty** in dealing with this issue.*

*Susan, you are being **courageous** about taking this step forward.*

*Helen, I acknowledge your **integrity** in the face of this challenge.*

*Lee, I see you are honoring your value of _____ (**family, relationship, integrity, personal health, spiritual faith**) by making that choice.*

A NOTE about receiving Acknowledgment: Simply Say “Thank You”