



Academic Life Coaching Exercises & Tools

Exercise or Tool	Uses
Direct Communication	To bring awareness to something your client may not be noticing in themselves.
Meta-Coaching	To craft how you will work with each specific client with their needs and goals in mind.
Asking Permission	To introduce a tool. To share an idea or thought.
Bottom Lining	To get to the root of story telling. To get at the core message in a long-winded response.
T.I.M.E. Model	To set a clear and measurable agenda for an individual session.
Clearing	To provide an opportunity for clients to clear the air of something present on their mind that might be getting in their way of being fully present in a coaching session.
Acknowledgement	To point out a character trait your client has drawn upon in a situation. Usually a character trait they might not be recognizing in themselves.
Core Motivation	To increase a client's awareness of who they are being.
Making Distinctions	To draw attention to what the client is doing versus what they think they are doing. To draw attention to the differences in your client's thinking and being. To identify slight nuances in two things that your client is considering the same or similar.
Inquiry	To provide an opportunity for clients to further explore a topic between sessions.
Wheel of Life	To get a snapshot of the current state of a client's life.
Academic Thinking Styles	To increase your client's understanding of study habits. To establish a study framework.
Recipe for Academic Success	To introduce the three keys for thriving academically.
Memory Palace	To introduce a new way of studying.
Well-Designed Actions	To craft clear, measurable actions that are both positive and 100% in the client's control.
Brainstorming	To encourage creativity & imagination in considering what's possible when your client feels stuck.
Vision Recordings	To craft a vision of 3 months into the future and identify what needs to happen prior for that vision to become a reality. To create a tool that clients can use for motivation and as a reminder of what they are working towards.
Assumptions Chart	To deconstruct assumptions your client makes around a particular topic or situation. To increase your client's awareness of how their assumptions lead to their results.
Busting Limiting Beliefs	To poke holes in beliefs a client holds that might be holding them back from accomplishing more.
Perspectives	To craft and name several perspectives for your client to leverage in various situations. To empower your client to choose perspectives that will benefit them.

Clarifying Values	To identify and name several values your client holds so they can intentionally make decisions based in their values.
Passion	To help clients identify what they're willing to go through the tough stuff for in order to do what they really love.
Mission Statements	To craft a single sentence that your client can reference throughout their day as a barometer for action.
Systems	To help your client create more streamline and efficient systems for themselves.
Motivation Styles	To introduce different types of motivation so your client can leverage the motivations style that is most appropriate in a given situation.
Future Self	To create a relationship between your client's present self and who your client will be 10 years in the future, from which they can glean advice and perspective.
Inner Critic	To personify the negative self-talk your client experiences so they can manage these thoughts in a productive manner.
Metaphor	To explore a situation in an imaginative way. To allow a client more easily describe a feeling, experience, or perspective that might otherwise be challenging to explain.
Bird's-Eye View	To quickly and easily view the bigger picture. To get out of coaching the problem.
Reframing	To quickly provide a different perspective for your client. To take what your client might be viewing as a setback and provide a positive viewpoint.
Challenge	To present an action or idea that is far outside your client's consideration to encourage them to step beyond what they think is possible.
Reminders	To associate a word, image, or body movement with a perspective, so the client can quickly drop into that perspective when they need it most.
Paraphrase	To briefly restate your client's words in an effort to increase awareness within their reflection.
Championing	To close the gap between a client's current situation & what's just beyond the next push.
Future Pacing	To visualize a situation in detail, up to three weeks in the future, in an effort to increase your client's follow through on decisions that are in alignment with their values.
Jet-lag	To highlight how an insight in one area of your client's life can be leveraged in other areas as well. To explore what is possible when your client applies their successes to areas where they are experiencing challenges.
Powerful Relationships	To increase your client's awareness of the assumptions they make within their relationships and how those assumptions impact the results within the relationship.
Empathy	To provide an experience for your client to understand what someone else might be thinking and feeling.
Leadership Projects	To culminating what your client has learned through their coaching experience in a way that serves others.
Celebration	To create a reminder of a past success for present of future motivation.
Completion	To acknowledge the character traits your client has developed over the course of their coaching experience and how that will benefit them moving forward.