

REFRAMING

HANDS-ON ACTIVITY

FOR REFRAMING THOUGHTS



WHAT IS REFRAMING?

- Reframing is a technique often used in coaching or therapy to guide people to see a different way of looking at a situation, person, or relationship by changing or reframing meaning.
- This is also referred to as cognitive reframing. Reframing or Cognitive Reframing is a hands-on strategy you can use with yourself, clients or work teams to look at situations from a slightly different perspective.

HANDS-ON ACTIVITY AND COACHING QUESTIONS TO REFRAME THOUGHTS

#1 – Find a piece of artwork. What does the picture tell you? What does it remind you of? Is the picture colorful or dull?

#2 – Look at the frame around the artwork. Does it add to the story of the picture or take away? Does the frame bring out the color or dull it?

#3 – Now visually add a different frame or use an online tool such as <https://www.levinpictureframes.com/seeitframed.html>

#4 – What does a new overall frame do to the picture? Does the picture tell a different story? Does it improve the picture?

#5 - How will a new overall outlook change your situation?

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PROFESSIONAL LIFE COACH CERTIFICATION

Start Here: Life Coach Formula Part 1	12 lectures • 1hr 14min
Professional Certified Life Coach	Preview 02:20
Life Coaching Demonstration Part 1	11:07
Life Coaching Demonstration Part 2	03:18
[Quiz] Did You Guess Right?	1 question
Life Coaching Demonstration Part 3	03:10
Life Coaching Demonstration Part 4	04:23
Life Coaching Demonstration Part 5	03:29
Life Coaching Demonstration Part 6	04:49
Life Coaching Demonstration Part 7	04:21
Life Coaching Demonstration Wrap	05:06
[Practice Assignment] Ending the Session	09:20
The Paragon Plan	04:21
Certification + FAQ	Preview 18:08
Life Coaching Formula Part 1	6 lectures • 29min
Life Coach Formula Part 2	6 lectures • 27min
Life Coach Formula Part 3	6 lectures • 32min
Life Coach Formula Part 4	6 lectures • 27min
Life Coach Formula Part 5	6 lectures • 27min

Frequently Bought Together



Professional Life Coach Certification PCELC Coach Training

Empowerment Coach Academy, Louise Anne Maurice

4.4 ★★★★★ (1,692)

Bestseller



Life Coach Certification Associate ACELC Life Coach Training

Empowerment Coach Academy, Louise Anne Maurice

4.6 ★★★★★ (1,071)

★★★★★ a year ago

This is my second course through ECA and WOW love it. Thank you, Louise and Team, for all your help, suggestions and support throughout the last few months. I highly encourage potential coaches to do both the Associates and Professionals Course because the professional's course builds on the associate's info.

★★★★★ 5 months ago

I originally took a Life Coaching course provided by a different company and I did not feel as if it was thorough enough. I decided to try this course because it was highly rated. I expected it to be a great course but I have to admit that it exceeded my expectations. The instructor is very knowledgeable of her field and goes in depth to uncover many scenarios that one may experience as an Empowerment Life Coach.

★★★★★ 8 months ago

The resources given in this course are absolutely great. The easy and structured way Louise explains/go through the material is amazing. I must say this is one of the best courses I have bought here on Udemy, so far.

★★★★★ 2 months ago

This course is truly self empowering. I am feeling the freedom to step out and make myself be seen. The lectures are empowering yes but the encouragement Louise gives to put my assignments up. Knowing that my words are not being judged, graded frees me to really think of my way of being and expressing. So, yes, this course is above my expectation.

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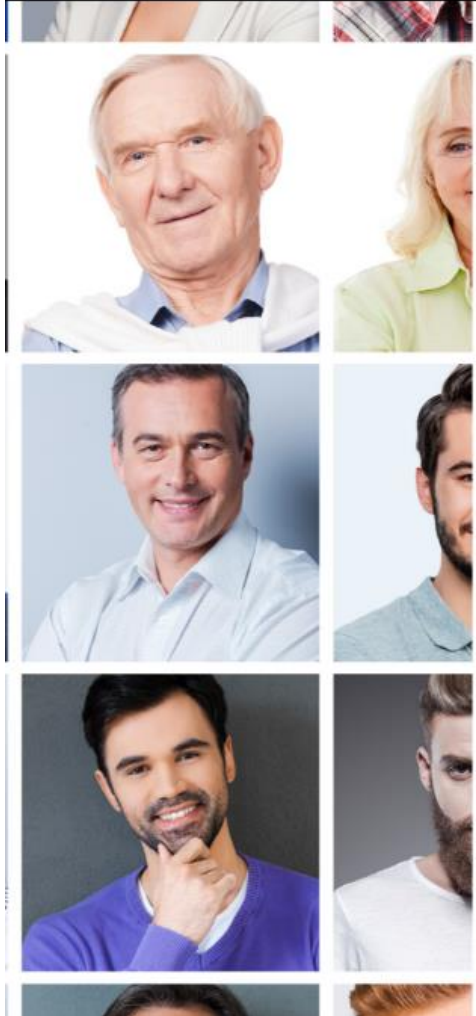
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Empowerment Expert

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Benchmark 4	40
Benchmark 5	50

Free Training

