

The Self-Trust Reset

A Companion Guide for Coaches

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*Inspired by Gloria's article "Self-Trust: The Overlooked Pillar of Coaching Mastery,"
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Why Self-Trust Needs Practice

Even experienced coaches lose footing sometimes, after a tough session, a confusing silence, or feedback that lands harder than expected. Self-trust is what steadies us. It's not the absence of doubt. It's the ongoing practice of returning to yourself with kindness, curiosity, and courage.

In coaching, self-trust isn't a luxury; it's part of the ethical foundation of our work. We ask clients to listen inward, to trust their own voice, to take small brave steps. We model that process by doing the same.

This guide is for those moments when you feel wobbly and need to remember who you are and why you coach.

Reflection

What situations most often make you question your competence as a coach?

When that happens, what helps you find your footing again?

The Anatomy of Self-Trust

Self-trust lives in five dimensions. Together, they form a quiet, resilient center.

| Dimension | What It Means | A Simple Practice |
|-------------|--|--|
| Presence | Staying grounded even when uncertain. | Before each session, place a hand on your heart, breathe twice, and notice what steadiness feels like. |
| Permission | Releasing the need for outside validation. | Identify one place you're still seeking approval. Ask, "What if my way is already enough?" |
| Perspective | Seeing doubt as data, not danger. | When self-criticism flares, pause and ask, "What is this feeling trying to teach me?" |
| Patience | Allowing mastery to unfold over time. | Write down one area you're willing to grow slowly. Read it when you feel behind. |
| Purpose | Remembering why you chose this work. | End each week by finishing this sentence: "I coach because ..." |

Each of these five dimensions asks us to listen in a different way.

- Presence invites us to listen to the moment.
- Permission asks us to listen to ourselves.
- Perspective opens space to listen for what's also true.
- Patience teaches us to listen for timing.
- Purpose reminds us to listen for meaning.

When we pause long enough to listen beneath the noise of self-doubt, we often find that self-trust was never gone, it was simply waiting to be heard.

Reflection

How does each dimension show up in your coaching sessions?

The Grounded Coach Reset

Use this quick process after any challenging session. Give yourself five quiet minutes.

| | |
|---|---|
| 1 | What story am I telling myself about this session? |
| 2 | What else could be true? |
| 3 | What did my client truly need, and how did I serve that need, even imperfectly? |
| 4 | What feedback does this experience offer about my growth edge? |
| 5 | What would self-trust sound like right now? |

Micro-Restorations for the Coaching Day

Between sessions or before logging off, try one of these one-minute resets:

- **Ground.** Feel your feet or take one slow exhale longer than your inhale.
- **Name a strength.** “I listened deeply,” or “I stayed curious.”
- **Affirm.** Whisper, “My presence matters more than my polish.”

Tiny restorations done consistently rebuild confidence faster than long post-mortems ruminating on what went wrong.

From Self-Trust to Collective Trust

Every time you stop performing and start showing up, you open space for others to do the same. This is how self-trust becomes a collective act.

When we trust our intuition, our pace, and our presence, we quietly expand what leadership looks like in coaching.

Self-trust also resists the pressures that tell marginalized voices to shrink. It says: *My way of knowing belongs here.* It invites more ways of knowing to belong as well.

Reflection

How does your self-trust make coaching safer or braver for your clients?

What ripple do you want your steadiness to send into the profession?

Keep Returning

Choose one practice to anchor this week:

- End each session by writing one thing you did well.
- Keep a “coaching wins” notebook — even tiny wins count.
- Share one insight from this guide with a peer coach.

Each small act of returning strengthens the muscle of self-trust. Over time, that muscle becomes the quiet backbone of mastery.



Download more reflective tools at www.thesocialleadershipcoach.com

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