

TOLERATIONS!
WHAT ARE THEY?
AND WHAT TO DO
WITH THEM





BEST PRACTICES

- Lots of attendees, so everyone is MUTED.
- Use the QUESTION feature
- We are going HOLD questions until the end (15 minutes OT)

Agenda

- ✓ **What** is a Toleration?
- ✓ **What** can we do with them?
- ✓ **How** can we recognize that our clients are dealing with tolerations?
- ✓ **How** does the coach deal with tolerations for the benefit of the client?

WHAT?

Tolerations are those unnecessary irritations, large or small, that cause people to feel tired or drained.

WHAT?

Handling tolerations:

- Determine which tolerations you have some control over and which you don't
- Take action to eliminate those that you can – action may include doing something yourself or asking others to do something that will eliminate tolerations
- Accept that certain irritations are part of life and let go of the struggle



HOW?

Clues that your client is dealing with a toleration

- Absolutes in describing the lack of possibility
- Lack of energy or sense of hopelessness about a certain topic/person
- Assumed constraints



HOW?

Tips for dealing with tolerations in a coaching conversation

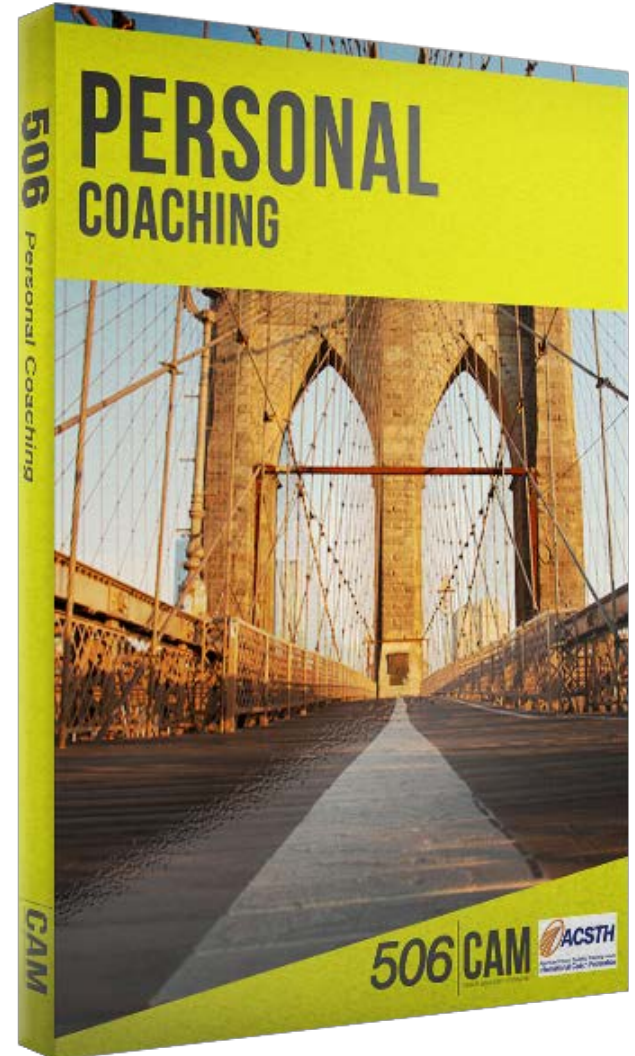
- Challenge the assumptions
- Invite the client to imagine life without the toleration
- Explore actions to either eliminate or accept the toleration



CAM506

Personal Coaching

- Online beginning Aug. 23
- Wednesdays at 10:00am eastern
- \$450





Questions and Comments

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coach approach ministries