

WEBINAR

Stop Rescuing, Start Coaching

Shifting from fixing to letting go



CENTER FOR
THE EMPOWERMENT DYNAMIC

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How do you see others?



When in the Rescuer role we see people, and situations as **problems to fix**.

When in the Coach role we see others as **whole, resourceful, and complete**, and we leave with them the power to choose.

BREAK OUT

Think of a time when you were doing something for others that they could do for themselves:

- What did you think, say or do?
- What was the impact?



Share equal time in the group

REFLECTION

The Rescuer Role may show up when:

1. You **feel an urgency** – even an obligation – to fix the situation and save the day
2. You **feel indispensable** and at the same time unable to meet your own needs
3. You **feel you have failed or let others down** if you are unable to fix things
4. You **secretly judge others** as incapable, so you take on more work, even when they are responsible

REFLECTION

The Rescuer Role may show up when:

- 5. You often **attract others** who need your help
- 6. You **visualize how grateful others will be** when they discover your good deeds
- 7. When you fix things, you feel a **boost to your self-worth** but privately hunger for compliments that may never come
- 8. You notice how **hard you work** and there's always more to do, which can cause a feeling of **burn-out**.

COSTS OF RESCUING

When in the Rescuer role,
what are the personal and
professional costs to you?



Share in the chat

Begin the Shift from Rescuer to Coach



- 1 Understand the **harmful effects** of the Rescuer role on both yourself and others
- 2 Know that you and everyone else **is a Creator**

Q&A



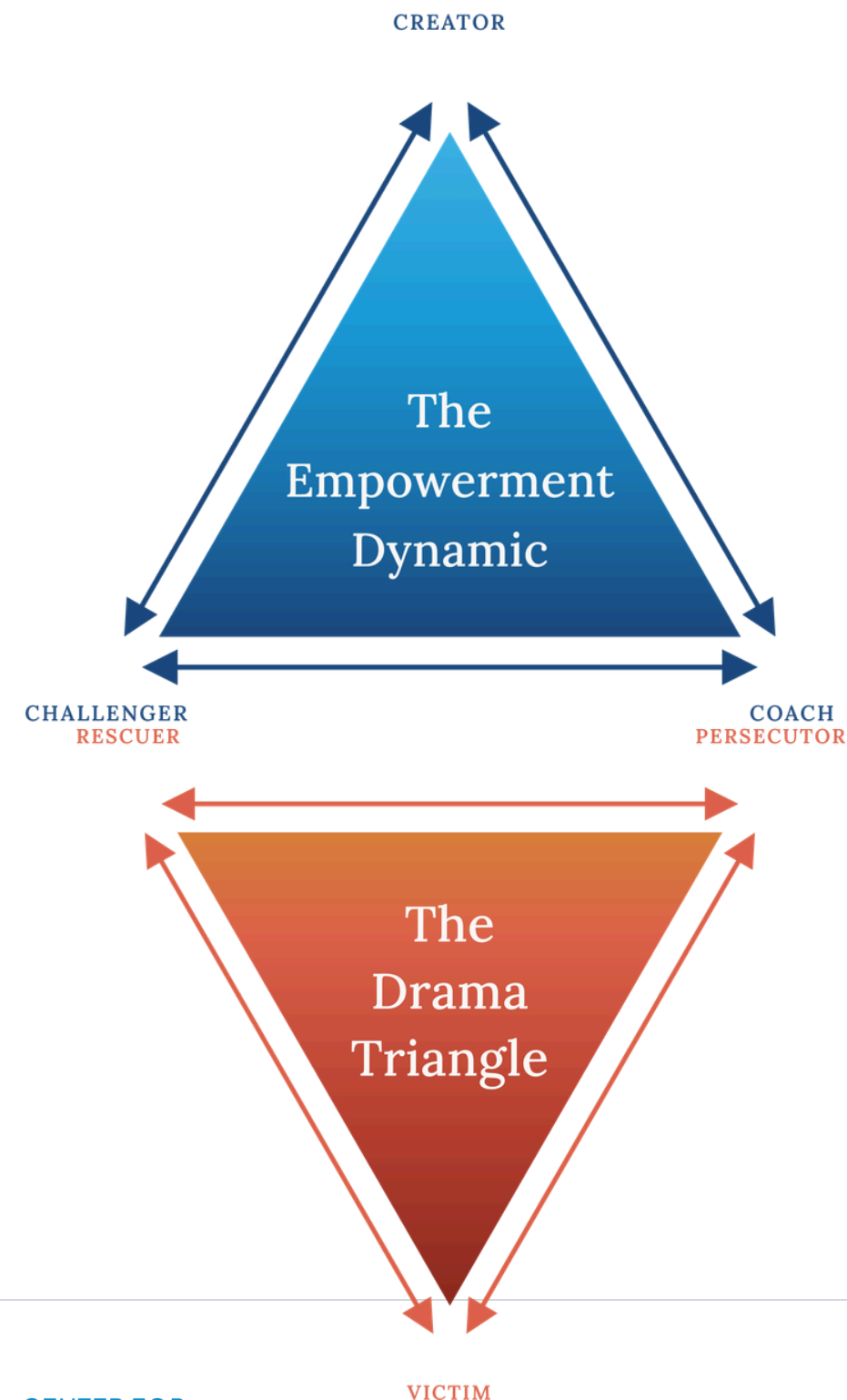
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More Practices to Shift

- **Ask for help and support**, which is difficult because a Rescuer's job is to take care of others. Set boundaries and clarify your own needs.
- **What is your relationship with silence?** Develop the ability to hold silence to make space for pause and reflection.
- **Slow down and pause.** Know the world will go on even if you are not saving it.
- **Develop your contemplative practices** that nurture a calm mind and open heart.

RESCUER TO COACH SHIFT



- How do I see the other person? As someone or something to fix or someone capable and resourceful?
- What questions can I ask to help them clarify what they want and leave the power with them?
- Move from telling to asking.