

Day 1: The 7 Basics of Coaching & the Coach's DNA

What coaching truly is — and what it is not

Today's Objectives

1. Define coaching precisely	Separate coaching from advising, mentoring and training — the differences that protect your practice.
2. Install the coach's DNA	The three elements every credible coach carries: belief in people, curiosity over judgment, disciplined self-restraint.
3. Learn the DARE system	Direction, Empower, Analysis, Roadmap — the four-stage coaching framework you will run end-to-end by Day 11.
4. Start your question craft	Six questioning skills that turn conversations into breakthroughs — beginning with today's Question Storm.

Key Highlights - Say the Answer, Then Flip

The one-line definition of coaching?	A structured partnership where the client does the thinking and the coach owns the process.
The 3 elements of the Coach's DNA?	Belief in the person, curiosity over judgment, and self-restraint under the pull to help.
DARE stands for?	Direction, Empower, Analysis, Roadmap — the four-stage system you run end-to-end by Day 11.
QADCS = ?	Questions, Awareness, Decisions, Commitment, Support — the five markers that a real coaching conversation happened.
Coaching vs mentoring in one line?	Mentors transfer their experience; coaches grow the client's own. Different contracts — never mixed in the same breath.
The six questioning skills to drill all program?	Open, clean, scaling, future-framing, challenging — and strategic silence.

Your Prompt Vault at a Glance

Session Ground-Setter ChatGPT	Opening a first session with structure
Advice-Trap Auditor Claude	Reviewing your own session notes honestly
Coach vs Advisor Script Builder Gemini	Explaining your service to a prospect
Question Storm Expander ChatGPT	Multiplying your question bank before a session
DARE Preview Coach Claude	Previewing the framework you will master

Tonight's Home Assignment

- › **Run the Question Storm mission** (~10 min) - Ten minutes of pure questioning with a real person. Log your advice-slip count honestly.
- › **Write your definition card** (~5 min) - One card: your own definition of coaching + the DNA element you most need to grow. Carry it all 24 days.
- › **Skim tomorrow** (~2 min) - Read the Day 2 title and ask yourself: where do I fit in the coaching market? Bring one guess.