



Sacred & Safe

Listening

This Transformational Tool is a Coach's most valuable skill

by Rev. Dr. Michelle Wadleigh

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a.k.a. Rev Jersey Girl.

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FOREWARD

As a co-founder of the Planned Happiness Institute, I am thrilled that Michelle is taking our Institute to the next level by offering PHI Coaching Academy. We are proud to be teaching all of the amazing skills that benefit coaches and anyone in any people industry.

This book: *Safe and Sacred Listening*, offers just a taste of what individuals will learn with this training. But whether you have other coaching training, or are a teacher, minister, executive, or trainer of people, learning how to listen is a generous skill to acquire. For our world to evolve, we must learn to listen to each other in a way that encourages others to speak and to feel safe.

This small book will have a big impact.

Rev. Neil Pinkman

President, PHI

PHI Coaching Academy trains its coaches to be the highest expression of the profession possible.

Sacred & Safe Listening as a Tool for Transformation is a Coach's most valuable skill.

"When you listen through the ears of Love, Love is the experience. Love calls out to Love. Be the Love in the room."

- Michelle Wadleigh

A good listener is worth their weight in gold; a good listener can create a space where spontaneous healing happens.

A good listener with trained skills is a COACH.

Sacred and Safe Listening is the coach's greatest skill.

For all intent and purpose, a coach is a skilled listener.

This listening can take place on a screen, in person, or by phone, all with equal effectiveness.

Coaches listen for:

- Challenges
- Fear-based beliefs
- Limiting ideas
- Hopes and dreams
- Ideas their clients have unwittingly garnered from the collective (These will be the most difficult for your client to recognize because they have been unconsciously adopted.)

Becoming a good listener

As a coach, developing listening skills is, in truth, the result of **developing oneself**. As the coach moves through their personal development, this will translate into learning to listen for clues as their client speaks. Skilled listening becomes a natural outcome of personal growth, which is why the coach's training is so stringent.



Practices for developing as a listener.

There are numerous spiritual and personal development practices and mindfulness practices that will help prepare you to be a skilled listener and coach. At PHI Coaching Academy, we teach that sacred and safe listening is critical to your effectiveness. None more important than the spiritual practice and dedication to *non-judgment*. There is no shortcut to developing this practice. Either you have been practicing non-judgment or you have not. As a coach, you will learn early on that *listening is actually generative*.

If you listen through a judgmental mind what you hear from your client will reflect your judgment and not what they intended you to hear. A coach learns to watch their mind, monitor their thoughts, and do their personal development. This practice is the only way to create your mind as a safe place. The safer your thinking habits are for you, the safer it is for your client.



NOTE: You communicate verbally, non-verbally through body language, facial expressions, and through your psychic connection. **Do not undervalue this!** We must realize that while your spoken word might be polite and kind, your unspoken word is also simultaneously communicated. The implicit messages confuse the mind of the recipient.

Socrates said: "To know thyself is to have the keys to the universe."

You will learn to listen for *spoken* and *unspoken* beliefs and messages. As you develop as a Sacred listener, you will begin to recognize that you have a filter that you are seeing and listening through. Your job is to develop, or clean, that filter.

What does it mean to be a Safe listener?

Sacred listening refers to where one is listening from. As this skill develops in the coach, it becomes **who the coach is**. Eventually, it lives within you all the time, and wherever you go there you are in this sacred practice. This leads to you being a safe place to land.

As a student in our coaching program, aside from other essential skills, you will spend the most amount of time developing your "ear." You will learn different listening techniques, including how listening changes from listening while in person where you can see your client to how to listen when you coach by phone. All variations of this skill are equally important because we must meet our clients wherever they are in their needs in this 21st century.



PHI Coaching teachers will often reference the needs of the one being a reflection of the needs of the whole world. Anyone with the eyes to see knows that the population of the planet is currently feeling a lot of pain. No one needs to feel wrong or judged any more than they already do. Through the art of ***Sacred and Safe Listening***, your listening becomes a salve that supports the transformation of the planet one person at a time.

The coach/client relationship is one based on love, respect, and profound compassion for one's journey and dreams. We want to listen for their limitations,

but we also want to listen for their dreams. Like a fire that needs to have more oxygen to blaze, the coach fans the flames that burn away doubt and fear. This is the beauty and result of listening.

PHI Coaching Academy invites you to grow your SELF into the being that attracts clients who value themselves enough to hire a coach. We are here to support you throughout this process.

Our coaches commit to DO NO HARM and to Believe in their clients Wholeness of Being and their Untapped Potential.

You will leave this program confident, competent, and in possession of a world-class tool belt from which you will draw tools to raise up your clients.

Planned Happiness Institute and PHI Coaching Academy are founded on the belief that happiness is innate and it is the Divine Birthright for all. As a coach we are not here trying to create something that does not exist, we are supporting our clients to unearth that which is naturally ordained.

The entire PHI Coaching Academy staff are people who have come through this program and work from a shared set of beliefs and Principles. Our program has been influenced by New Thought principles and ancient wisdom, a winning combination.

Join us on one of our FREE introductory evenings and see if coaching is a fit for you.

Register here: [Coaching as a Career Choice](#)

Rev. Michelle's Bio:

Rev. Dr. Michelle Wadleigh is an inspiring and exciting Coach, Master Teacher, Speaker, Workshop and Retreat Facilitator, and sought after Prayer Practitioner. Michelle is the co-founder of Planned Happiness Institute and the PHI Coaching Academy with her husband Rev. Neil Pinkman.

Michelle founded the Center for Spiritual Living North Jersey 19 years ago and continues to serve as Spiritual Leader and Pastor. Michelle is an incredibly unique, practical teacher who is passionate about you mastering a fully expressed life. She is grounded in solid metaphysical principles and brings to her teaching a wide-open heart along with a sense of humor joyfully demonstrated through her laughter and her engaging style. Her focus as a teacher is empowering others for their own spiritual and emotional liberation through the application of practical tools and methods including the Science of Mind. She is a straight shooter who calls things as she sees them, while using her easy-going, personal style. Michelle brings a wealth of experience from having helped thousands of people to experience great transformation in their lives. Some of the lessons that she brings everywhere are: Everything is consciousness. Consciousness first. Consciousness always. There is no other.

Michelle has spent years developing her courses in Forgiveness, Shadow Work, and perfecting her unique approach to working with individuals called the Radical Release Method. Michelle is the author of four books: Prosperous Me, 40 Days to Freedom: A Lenten Practice for the Modern Mind, and And So It Is, a book written specifically for individuals who take issue with the word god, and May Silence Be Your Guide. She has also recorded two inspiring CDs: Organic Visioning and I AM Awake.

Being one who continually looks for ways to reach people with this powerful teaching, Michelle also hosts a show on the **New Thought Media Network** called *Jersey Girl Wisdom with Rev. Jersey Girl*

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