

## **TRAINING**

### **Behaviour can be trained—just like a muscle**

Training is familiar from sports, where it means repeating movements to improve performance. The same applies in coaching: lasting behaviour change requires repetition. Habits help us get through everyday life - but they can block us in challenging moments. Coaching uncovers unhelpful patterns and supports new responses. For these to become second nature, regular training is essential - along with patience, discipline, and a willingness to tolerate setbacks.

### **Training through emotion management**

A common coaching theme is emotional management, such as inappropriate anger. Clients identify their triggers and understand their reactions as learned behaviour. Together with the coach, they develop strategies for new responses. At first, these must be applied consciously - but over time, with repetition, they become automatic. Setbacks are part of the process - just like in sports. What matters most: persistence.