



# Bright Morning Podcast

## STARTER EPISODES

**New to Bright Morning or the podcast?** Start with one of these episodes for tips, tools, and wisdom from best-selling author and coaching expert, Elena Aguilar.

*When you're ready to thrive, attend one of our [workshops](#) to transform your skills.*

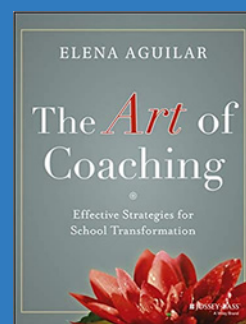
### THE ART OF COACHING

**Episode 174:** The Six Elements of Transformational Coaching

**Episode 29:** Coaching Tools for Transformation: Core Values, Mind the Gap and Strengths-Based Coaching

**Episode 98:** When it Feels Like it's Never Enough

**Episode 147:** Coaching Resistance: Part 1- What is Resistance?



### THE ART OF COACHING EMOTIONS

**Episode 37:** How to ACE Your Coaching Conversations

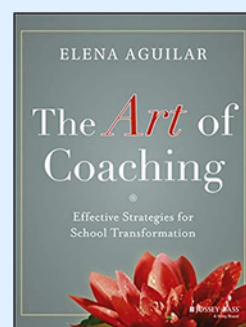
**Episode 127:** Coaching Emotions: Anger

**Episode 128:** Coaching Emotions: Sadness

**Episode 129:** Coaching Emotions: Joy

**Episode 162:** Coaching Conversation: ACE in Action

**Episode 159:** 5 Ways to Normalize Emotions in Your Coaching Conversations



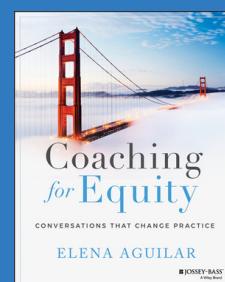
### COACHING FOR EQUITY

**Episode 22:** Coaching Across Lines of Difference

**Episode 85:** You Want to Coach for Equity: Start Here.

**Episode 86:** Addressing Race-based Opportunity Gaps

**Episode 143:** Disrupting Racism in Equity Conversations



### ARTFUL DESIGN AND FACILITATION

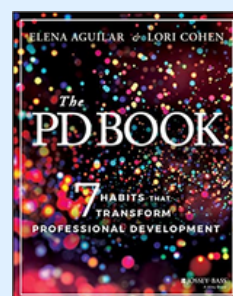
**Episode 123:** Powerful Facilitation Starts and Ends with You

**Episode 124:** When Things Don't Go According to Plan

**Episode 150:** Transformational PD Part 1: What It Is and Why You Need It

**Episode 170:** Designing PD: Reflection Before the Event

**Episode 171:** Facilitating PD: Post-Event Reflection



### THE ART OF COACHING TEAMS

**Episode 99:** Behind the Design: Planning for Conflict

**Episode 155:** How to Build Your Team's EQ

**Episode 157:** Coaching When You're the Boss

**Episode 168:** Designing and Facilitating Team Meetings: Part 1

