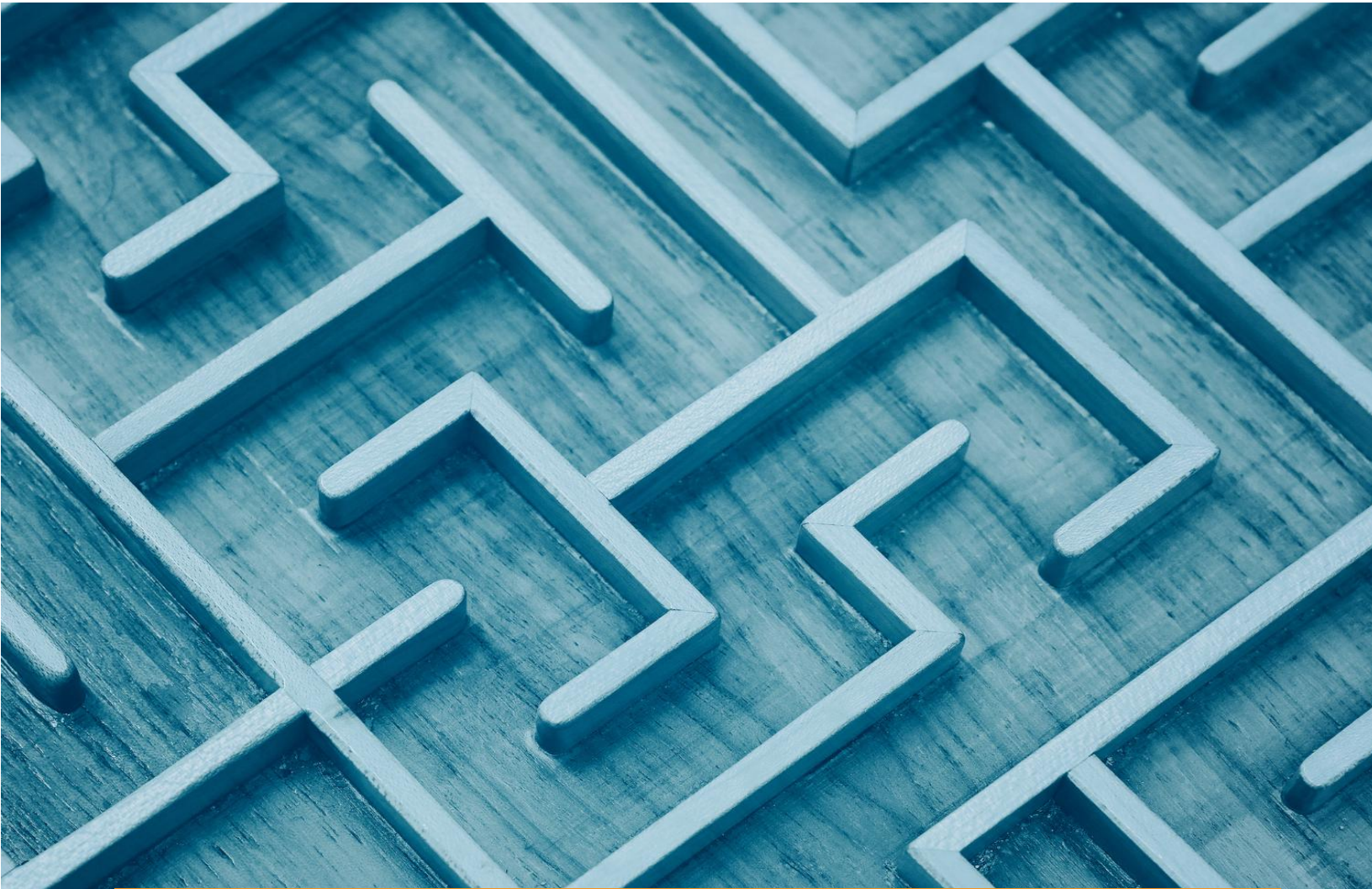




Witty Word Puzzles for the
Professional Coach

Coaching Curiosities



By: Nikki Brown, PCC



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Nikki Brown, PCC
Your Adventure Awaits



“When you start recognizing that you're having fun, life can be delightful.”

~ Jane Birkin



Coaching is a serious endeavor—it requires dedication, curiosity, and a commitment to growth. But let’s be honest, even the best coaches need a break! When your brain feels like it’s tied up in a coaching conundrum, stepping back and taking a breath of fresh air can do wonders. Sometimes, the best way to spark your natural creativity and connect the dots is by letting your mind play with something entirely different.

This book is your ticket to that playful pause. Inside, you’ll find word puzzles inspired by the language of professional coaching. Whether you're new to coaching or a seasoned pro, these puzzles offer a fun and engaging way to reinforce key principles, revisit familiar concepts, and discover new insights. There’s a little something for everyone—some puzzles are easy, and others might just leave you scratching your head.

If you hit a wall, take a break, go for a walk, listen to some music, or simply let your mind wander for a while. When you return, you might find that these puzzles—and your coaching journey—come together in ways you didn’t expect.

So grab your favorite pen, settle in, and let the fun begin. Here’s to learning, growing, and maybe even laughing along the way!

Nikki Brown

coachnikkib.com



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Word Search # 1

The following words can be found in the diagram below reading forward, backward, up, down and diagonally. Find the words and circle them.

pause

trust

integrity

growth

resilience

confidence

focus

clarity

C	X	P	I	J	Y	T	I	R	G	E	T	N	I	R	Z
G	L	D	W	Z	N	H	V	J	Y	Z	G	W	I	N	L
I	Q	A	T	I	O	L	I	S	K	T	R	J	I	I	S
R	A	S	R	X	E	P	W	R	W	F	O	C	U	S	R
A	V	R	X	I	D	F	I	M	V	C	W	V	K	O	D
C	T	R	U	S	T	Y	X	M	G	G	T	E	X	G	X
V	L	M	S	C	E	Y	J	K	D	E	H	C	A	I	H
I	U	D	L	P	N	C	Z	T	Q	X	Q	C	E	W	H
C	D	E	X	O	Q	Q	N	R	A	A	U	F	D	U	N
K	D	I	N	O	X	B	O	E	S	U	A	P	R	R	M
H	T	Q	E	A	S	H	F	Q	D	W	W	G	N	W	H
I	B	K	D	P	V	G	X	J	V	I	V	K	J	M	B
V	T	V	M	Y	W	E	F	B	U	C	F	X	B	Q	U
I	Y	V	T	B	K	O	I	H	X	E	D	N	H	N	P
J	J	J	F	V	H	C	A	N	E	V	P	C	O	W	F
W	E	E	S	E	C	N	E	I	L	I	S	E	R	C	X



Cryptogram # 1

Each of these Cryptograms is a message in substitute code. THE SILLY DOG might become UJD WQPPZ BVN if U is substituted for T, J for H, D for E, etc. One way to break the code is to look for repeated letters. E, T, A, O, N, R and I are the most often used letters. A single letter is usually A or I; IS and IT are common 2-letter words; try THE or AND for a 3-letter group. The code is different for each Cryptogram.

1. Qdxokz r gjzoq jprj hg kxqe,
toqlhnoq, uikweaqa rea bkethaqej.
2. Domnlbujom jom yiobgbunoukh jsskh
yijyqgow nuqgyb jom bujomjlmb it
yijyqgow.
3. Eidga iq xfjm mfo dcuoqm ua jqn ua
Qim ajtuql mi egcct gqnohamjqn xfjm
ua rouql dibbgqudjmon.



Alphabet Soup # 1

Insert a different letter of the alphabet into each of the 26 empty boxes to form words reading across. The letter you insert may be at the beginning, the end or the middle of the word. Each letter of the alphabet will be used only once. Cross off each letter in the list as you use it. All the letters in each row are not necessarily used in forming the word.

Example: In the first row, we have inserted the letter Z to form the word PLAZA.

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

P	R	R	P	L	A	Z	A	T	J	C	A	H
Q	E	E	E	J	L		O	U	R	N	E	Y
A	B	O	U	N	D		R	I	E	S	O	I
R	L	G	Y	G	A		A	L	U	E	S	N
E	O	T	H	I	N		I	N	G	L	Q	H
A	Q	A	C	U	R		O	S	I	T	Y	C
A	S	I	N	S	I		H	T	L	I	Q	H
T	P	J	A	W	A		E	N	E	S	S	J
K	N	O	W	L	E		G	E	D	B	N	F
E	C	O	N	T	E		T	W	X	I	R	Z
Y	P	F	O	C	U		X	I	N	W	B	C
Q	J	M	G	R	O		T	H	G	H	V	U
A	C	R	S	E	L		-	C	A	R	E	X
Y	W	R	T	H	A		I	T	S	A	U	W
Y	T	J	D	I	N		U	I	R	Y	H	V
P	M	F	R	E	S		U	R	C	E	S	Q
R	W	U	C	O	A		H	I	N	G	C	Z
O	Q	J	I	N	F		U	E	N	C	E	F
N	D	F	X	B	O		T	C	O	M	E	D
O	L	I	S	T	E		I	N	G	H	S	Y
Z	M	E	T	A	P		O	R	K	I	T	G
D	G	T	U	K	X		R	O	C	E	S	S
N	K	Y	Z	H	U		A	N	I	T	Y	S
C	E	N	E	R	G		Y	G	M	J	T	Q
H	Z	E	D	I	R		C	T	Z	L	T	C
E	U	T	R	U	S		B	U	H	H	K	L



Scramble # 1

Below is a list of scrambled words. Unscramble all the letters to reveal the words.

1. POTUSRP = _____

2. ROSSPEC = _____

3. ALITCYR = _____

4. ENCFOCNIDE = _____

5. NIESLERCIE = _____

6. NEEISCL = _____

7. ITIVENRALYUBL = _____

8. TLREDNAEIC = _____



Crypto Words # 1

Each of these Crypto Words are written in substitution code. SILLY might become WQPPZ if S is substituted for W, I for Q, L for P, etc. When you have identified a word, use the known letters to decode the other words in the list.

HINT: c = a

1. GPXCSWV = _____

2. WCZKST = _____

3. IKTBJP = _____

4. ZJQMBCHKGT = _____

5. CUUJQMESCZKOKSV = _____

6. GSWKUT = _____

7. CICHGMGTT = _____

8. UWCOOGMFGT = _____



Keywords # 1

To solve this puzzle, fill in the blanks below with the correct missing letter and then transfer the letter to the corresponding numbered square in the diagram below. Be careful! The puzzle is not as simple as it may first appear!

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
----	----	----	----	----	----	----	----	----	-----

1. v __ l u e s

2. a __ t i o n

3. f o __ c u s

4. g r __ w t h

5. w i s d o __

6. i m __ a c t

7. c __ i e n t

8. s h __ f t s

9. t r u __ t

10. e t __ i c s



Two In # 1

Place two letters on the dashes to complete a word on the left and to begin another word on the right. For example, SE in between PLEA and VEN would complete PLEASE and begin SEVEN.

1. n e u t r _ _ i g n m e n t

2. c a _ _ a n i n g f u l

3. a m _ _ t i v a t i o n

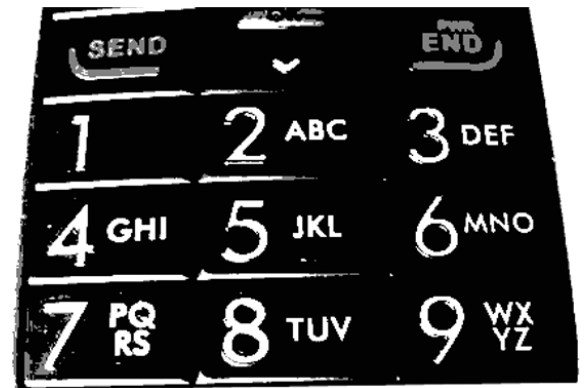
4. a i _ _ c i s i o n

5. a h _ _ o t i o n s



Flip Phone Mania # 1

The below messages are in a number code based on how text messages are formed on a 'flip phone'. Each number represents one of the letters shown on the picture of the phone to the right. You must decide which one. A number is not necessarily the same letter each time.



1. 367569 2 78953 8428 47 6736,
35394253, 47686333 263 266343368.

2. 8633778263 263 266747836859 27759
26224464 384427 263 782632737 63
26224464.



Interweave # 1

Rearrange and distribute the four letters accompanying each row so that you form a larger common word.

1. belt: r __ s p o n s i __ i __ i __ y

2. aide: b o u n __ __ r __ __ s

3. aloe: p __ t __ n t i __ __

4. bail: __ d a p t a __ __ __ i t y

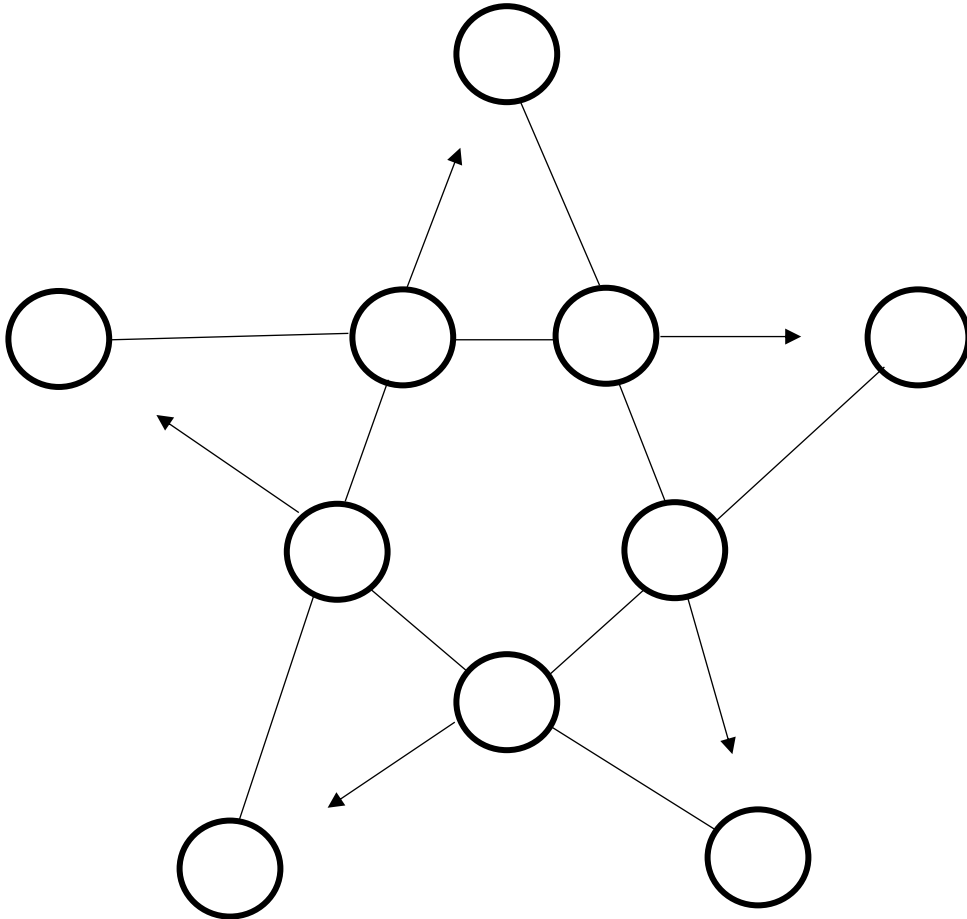
5. egos: q u __ __ t i __ n i n __



Star Words # 1

For this puzzle, only five of the eight words given will fit together in the diagram. Fill each circle with one letter so that the words read in the directions indicated by the arrows.

t	u	s	h	g	i	s	t
b	l	o	w	w	a	r	m
l	o	a	d	d	r	a	b
m	a	l	l	y	e	l	l





Alphabet Soup # 2

Insert a different letter of the alphabet into each of the 26 empty boxes to form words reading across. The letter you insert may be at the beginning, the end or the middle of the word. Each letter of the alphabet will be used only once. Cross off each letter in the list as you use it. All the letters in each row are not necessarily used in forming the word.

Example: In the first row, we have inserted the letter Z to form the word KAZOO

ABCDEFGHIJKLMNOPQRSTUVWXYZ

F	A	G	V	K	A	Z	O	O	F	O	I	X
S	M	S	P	I	T		O	U	R	N	E	Y
K	B	B	O	U	N		A	R	I	E	S	R
N	Q	P	R	O	G		E	S	S	O	U	K
C	G	R	O	W	T		D	H	M	N	A	B
C	L	A	R	I	T		A	T	L	D	Q	U
B	N	E	U	T	R		L	A	T	O	D	N
X	P	R	E	S	E		C	E	P	I	G	Z
Y	I	R	W	W	I		D	O	M	X	Z	C
I	H	I	N	S	I		H	T	C	S	O	A
K	K	S	P	U	A		T	I	O	N	J	Z
U	J	N	O	T	I		A	T	I	O	N	F
F	H	M	R	T	R		S	T	U	V	U	Y
E	C	O	N	T	E		T	N	V	D	V	N
V	W	L	N	I	D		R	O	C	E	S	S
D	Z	O	H	I	N		U	I	R	Y	Y	H
I	K	Z	O	N	F		D	E	N	C	E	B
T	Q	T	K	N	O		L	E	D	G	E	K
Q	Q	L	D	V	A		U	E	S	Z	S	G
J	Y	S	U	P	P		R	T	M	C	O	B
R	H	G	U	K	I		P	A	C	T	O	G
O	J	G	Y	H	A		I	T	S	J	O	H
I	Q	T	H	I	N		I	N	G	R	L	R
H	X	D	A	Z	E		O	C	U	S	U	N
X	W	A	I	N	T		G	R	I	T	Y	S
R	E	S	P	E	C		X	J	B	J	L	Q



Bubble Words # 1

Enter a single letter in each blank square in the diagrams below to form interlocking answers, each of which spell out distinct common words that differ only by the given pairs. See the example below to get a better idea. With the given arrangement of letters and blanks, HOLE and HOST can be formed. More than one pair of words may appear to be possible, however the interlocking word will help eliminate the possibilities.





Piece By Piece # 2

The spaces between the words in the following message has been eliminated and divided into pieces. Rearrange the pieces to reconstruct the messages. The dashes indicate the number of letters in each word.

H E P C H T O T T E R S R O B C O A O N N
L E M H E P

— — — — — — — — — —

— — — — — , — — — — —

— — — — — — — — — — — .



Scramble # 2

Below is a list of scrambled words. Unscramble all the letters to reveal the words.

1. CUTMEOO = _____

2. BSLTSEIOINYIRP = _____

3. GRSERPOS = _____

4. LCHANLEGES = _____

5. HCLSOPIACM = _____

6. TISSFH = _____

7. IFORTNOMNTASAR = _____

8. ISRHRTANPPE = _____



Crypto Words # 2

Each of these Crypto Words are written in substitution code. SILLY might become WQPPZ if S is substituted for W, I for Q, L for P, etc. When you have identified a word, use the known letters to decode the other words in the list.

HINT: p=a

1. OKGFDA = _____

2. IWHBFI = _____

3. PCHUGVDGF = _____

4. OKVVHFVDGF = _____

5. OWPCCDGUDI = _____

6. IHCDGOD = _____

7. POOKTGFPNHCHFS = _____

8. LTDIFHKGHGU = _____



Keywords # 2

To solve this puzzle, fill in the blanks below with the correct missing letter and then transfer the letter to the corresponding numbered square in the diagram below. Be careful! The puzzle is not as simple as it may first appear!

1.	2.	3.	4.	5.	6.	7.
----	----	----	----	----	----	----

1. w i s d _ _ m

2. p a _ _ s e

3. s h i f _ _ s

4. a _ _ t i o n

5. f _ _ c u s

6. i _ _ p a c t

7. d i r _ _ c t



Two In # 2

Place two letters on the dashes to complete a word on the left and to begin another word on the right. For example, SE in between PLEA and VEN would complete PLEASE and begin SEVEN.

1. bl __ __ j e c t i v i t y

2. s e l f - c a __ __ s p e c t

3. a b __ __ a r n i n g

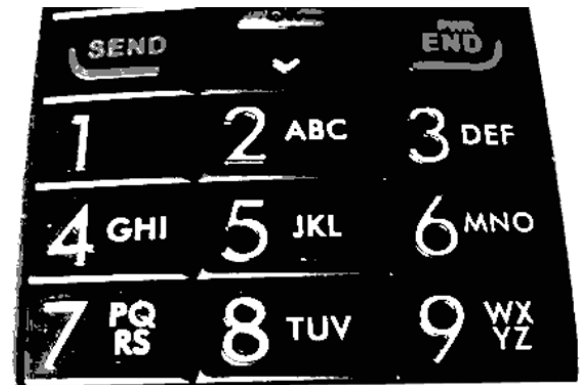
4. i n __ __ c u s

5. p u r p o __ __ s s i o n



Flip Phone Mania # 2

The below messages are in a number code based on how text messages are formed on a 'flip phone'. Each number represents one of the letters shown on the picture of the phone to the right. You must decide which one. A number is not necessarily the same letter each time.



1. 9428 47 632377279 86 242643 2 737766
47 86 242643 447 292736377 63
4467353.

2. 9428 96853 968 36 43 968 5639 968
26853 668 3245?



“Happiness lies not in finding what is missing, but in finding what is present.”

- Tara Brach

As you turn the page to uncover the answers to these puzzles, take a moment to reflect on the wisdom of Tara Brach’s words. Just like in coaching, the answers we seek often come from exploring what’s already within us.

If you’re curious about your next steps in coaching or looking for new tools to deepen your journey, don’t stop here! Check out the last page of this book for resources and ideas to inspire your growth. Sometimes, the answers you need are closer than you think.





Answer Key

Word Search #1

From Page 5

~~G X P I J Y T I R G E T N I R Z~~
~~G E D W Z N H V J Y Z G W I N L~~
~~I Q A T I O L I S K T R J I I S~~
~~R A S R X E P W R W F O C U S R~~
~~A V R X J D F I M V C W V K O D~~
~~C T R U S T Y X M G G T E X G X~~
~~V L M S C E Y J K D E H C A I H~~
~~I U D L P N C Z T Q X Q C E W H~~
~~C D E X O Q Q N R A A U F D U N~~
~~K D I N O X B O E S U A P R R M~~
~~H T Q E A S H F Q D W W G N W H~~
~~I B K D P V G X J V I V K J M B~~
~~V T V M Y W E F B U C F X B Q U~~
~~I Y V T B K O I H X E D N H N P~~
~~J J J F V H C A N E V P C O W F~~
~~W E E S E C N E I L I S E R C X~~

Cryptogram #1

From Page 6

1. Qdxokz r gjzoq jprj hg kxqe,
toqlhnoq, uikweaqa rea bkethagej.

Employ a style that is open, flexible, grounded and confident.

2. Domnlbujom jom yiobgbunoukh jsskh
yijyqgow nuqgyb jom bujomjmb it
yijyqgow.

Understand and consistently apply coaching ethics and standards of coaching.

3. Eidga iq xfjm mfo dcuoqm ua jqn ua
qim ajtuql mi egcct gqnohamjqn xfjm
ua rouql dibbgqudjmon.

Focus on what the client is and is not saying to fully understand what is being communicated.

Alphabet Soup #1

From Page 7

R
T
A
W
G
B
J
K
D
X
S
Q
E
P
O
Y
L
H
I
V
N
M
U
F
C

Piece By Piece #1

From Page 8

d e v e l o p
a p r a c t i c e
f o r s e l f - r e f l e c t i o n



Scramble #1

From Page 9

1. POTUSRP = SUPPORT
2. ROSSPEC = PROCESS
3. ALITCYR = CLARITY
4. ENCFOCNIDE = CONFIDENCE
5. NIESLERCIE = RESILIENCE
6. NEEISCL = SILENCE
7. ITIVENRALYUBL VULNERABILITY
8. TLREDNAEIC = CREDENTIAL

Crypto Words #1

From Page 10

1. GPXCSWV = EMPATHY
2. WCZKST = HABITS
3. IKTBJP = WISDOM
4. ZJQMBCHKGT = BOUNDARIES
5. CUUJQMSCZKOKSV = ACCOUNTABILITY
6. GSWKUT = ETHICS
7. CICHGMGTT = AWARENESS
8. UWCOGMFGT = CHALLENGES

Keywords #1

From Page 11

'a' 'c' 'c' 'o' 'm' 'p' 'l' 'i' 's' 'h'

1. values
2. action
3. focus
4. growth
5. wisdom
6. impact
7. client
8. shifts
9. trust
10. ethics

Two In #1

From Page 12

1. neutralignment
2. cameaningful
3. ammotivation
4. aidecision
5. ahemotions



Flip Phone Mania #1

From Page 13

- 367569 2 78953 8428 47 6736,
35394253, 47686333 263 266343368.

Employ a style that is open, flexible, grounded and confident.

- 8633778263 263 266747836859 27759
26224464 384427 263 782632737 63
26224464.

Understand and consistently apply coaching ethics and standards of coaching.

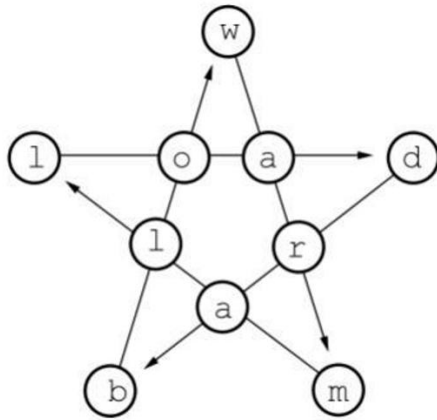
Interweave #1

From Page 14

- belt: responsibility
- aide: boundaries
- aloe: potential
- bail: adaptability
- egos: questioning

Star Words #1

From Page 15



Alphabet Soup #2

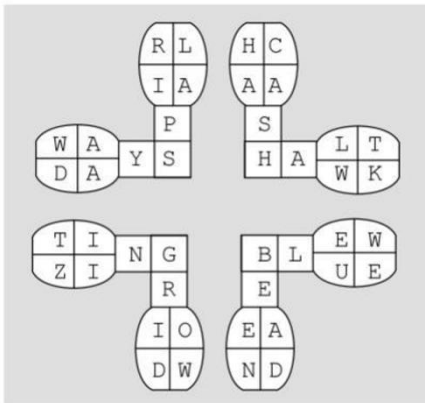
From Page 16

F	A	G	V	K	A	Z	O	O	F	O	I	X
S	M	S	P	I	T	J	O	U	R	N	E	Y
K	B	B	O	U	N	D	A	R	I	E	S	R
N	Q	P	R	O	G	R	E	S	S	O	U	K
C	G	R	O	W	T	H	D	H	M	N	A	B
C	L	A	R	I	T	Y	A	T	L	D	Q	U
B	N	E	U	T	R	A	L	A	T	O	D	N
X	P	R	E	S	E	N	C	E	P	I	G	Z
Y	I	R	W	W	I	S	D	O	M	X	Z	C
I	H	I	N	S	I	G	H	T	C	S	O	A
K	K	S	P	U	A	C	T	I	O	N	J	Z
U	J	M	O	T	I	V	A	T	I	O	N	F
F	H	M	R	T	R	U	S	T	U	V	U	Y
E	C	O	N	T	E	X	T	N	V	D	V	M
V	W	L	N	I	D	P	R	O	C	E	S	S
D	Z	O	H	I	N	Q	U	I	R	Y	Y	H
I	K	C	O	N	F	I	D	E	N	C	E	B
T	Q	T	K	N	O	W	L	E	D	G	E	K
Q	Q	L	D	V	A	L	U	E	S	Z	S	G
J	Y	S	U	P	P	O	R	T	M	C	O	V
R	H	G	U	K	I	M	P	A	C	T	O	G
O	J	G	Y	H	A	B	I	T	S	J	O	H
I	Q	T	H	I	N	K	I	N	G	R	L	R
H	X	D	A	Z	E	F	O	C	U	S	U	N
X	W	A	I	N	T	E	G	R	I	T	Y	S
R	E	S	P	E	C	T	X	J	B	J	L	Q



Bubble Words #1

From Page 17



Piece by Piece #2

From Page 18

c o a c h t h e
p e r s o n , n o t
t h e p r o b l e m .

Scramble #2

From Page 19

1. CUTMEOO = OUTCOME
2. BSLTSEIOINYIRRESPONSIBILITY
3. GRSERPOS = PROGRESS
4. LCHANLEGES = CHALLENGES
5. HCLSOPIACM = ACCOMPLISH
6. TISSFH = SHIFTS
7. IFORTNOMNTASARTRANSFORMATION
8. ISRHRTANPPE = PARTNERSHIP

Crypto Words #2

From Page 20

1. OKGFDAF = CONTEXT
2. IWHBFI = SHIFTS
3. PCHUGVDGF = ALIGNMENT
4. OKVVHFVDGF = COMMITMENT
5. OWPCCDGUDI = CHALLENGES
6. IHCDGOD = SILENCE
7. POOKTGFPNHCHFS = ACCOUNTABILITY
8. LTDIFHKGHGU = QUESTIONING



Keywords #2

From Page 21

o¹ u² t³ c⁴ o⁵ m⁶ e⁷

1. w i s d o m
2. p a u s e
3. s h i f t s
4. a c t i o n
5. f o c u s
6. i m p a c t
7. d i r e c t

Two In #2

From Page 22

1. b l o b j e c t i v i t y
2. s e l f - c a r e s p e c t
3. a b l e a r n i n g
4. i n f o c u s
5. p u r p o s e s s i o n

Flip Phone Mania #2

From Page 23

1. 9428 47 632377279 86 242643 2 737766
47 86 242643 447 292736377 63
4467353.

What is necessary to change a person is to change his awareness of himself.

2. 9428 96853 968 36 43 968 5639 968
26853 668 3245?

What would you do if you knew you could not fail?



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Nikki Brown

"To live a creative life, we must lose our fear of being wrong"
- Joseph Chilton



Nikki Brown, PCC
Your Adventure Awaits

