



CREATIVE
LEADERSHIP

CONNECT | EXPLORE | EXPRESS

The Power of Being You

A guided coaching program to accelerate your development.

We are continually responding to the world around us. In the hustle and bustle of modern life how can we develop responses that are considered, healthy and take us in the direction we want to go?

This series of coaching sessions is designed to take you on an experiential journey to explore your responses to what is arising in and around you. It is designed to awaken in yourself a deep awareness of...

- what you are most deeply committed to
- the habitual ways in which you are currently holding yourself back
- the practices necessary to let go of your old habits and conditioning
- the new way of being that transcends or transforms those limitations, and
- the practices necessary to gradually embody your new way of being and fully live into your commitment(s).

A way to do this that is effective and sustainable is by taking an embodied approach to coaching - working with the totality of your being. To do this we pay attention to the body and the senses, getting to know the power of being more fully yourself, so you can make the most of your skills, talents and experiences.

These two elements – **coaching** and a focus on **the physical senses** – form the foundation of this program.

What is Coaching?

“Coaching is a conversation; a dialogue whereby we interact in a dynamic exchange to achieve goals, enhance performance and move you to greater success.”

Zeus & Skiffington 2002; Coaching at Work

“Partnering with you in a thought-provoking and creative process that inspires you to maximize your personal and professional potential.”

International Coach Federation

Why work with our senses?

“When we work through the body, we engage with the fundamental life energy that animates and shapes who we are. When we connect with this core energy, we contact a vast reservoir of wisdom, compassion, and intelligence that we’ve neglected. (...)

Richard Strozzi-Heckler

In our sessions I will invite you to connect with a deeper sense of aliveness, agency and resilience that is a natural part of your humanity. If we learn to listen to this life energy, and to act from it, there’s much it can teach us about living our values while our feet are firmly on the ground.

What to focus on?

The goal of coaching is self-directed action. Coaches are not there to help make people dependent on them, but to teach people to help themselves. Most simply put, coaching 'helps you help yourself'.

Coaching focuses on:

- Self-awareness
- Self-responsibility
- Self-belief

The focus can often be on improving your leadership skills and broadly enhancing your interpersonal or professional skills. This may include, but not be limited to dealing with difficult clients or colleagues, enhancing your communication skills, or developing resilience.

Please let me know what you want to focus on, the shifts you want to create, the impact you want to have, the results you want to achieve. The invitation of this program is to grow the foundations you need to consistently respond to the present moment in ways that are aligned with your core values and what you want to achieve.

What we will do together:

- Define areas of focus and/ or clear development goal(s). The opportunity here is for you to tune in more to your own sense of what matters for you.
- Engage fully with your own direct experience – by paying attention to the body.
- Discover your current reality – with a focus on your current tendencies, and how these show up for you.
- Dream about what you would like to achieve.
- Slow down to explore hunches, your intuition and any sensations that arise – giving them room to inform your choices and future actions.
- Be practical and focused – always seeking to tune into the life of the body and what it might be offering as insight.
- Identify obstacles and barriers, exploring ways to work with these.
- Reflect on, and track what happens, measuring shifts and impacts.
- Celebrate learning and success.

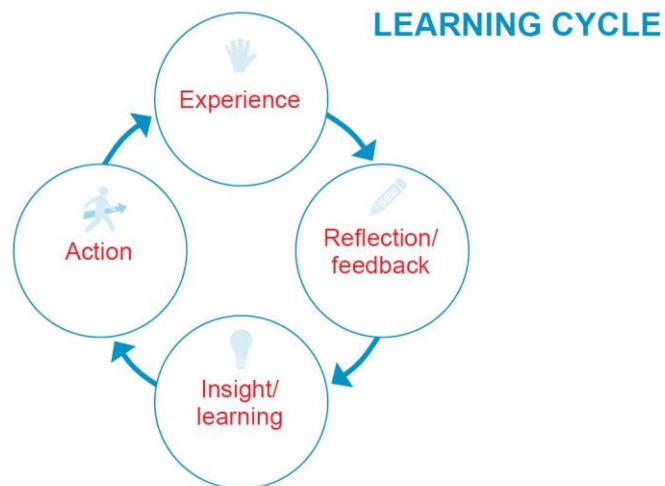
What can you expect?

Questions

Asking questions is a key coaching tool to discover, inquire, explore, reflect, and to prompt for action. Please know that I am asking questions to support you rather than to satisfy my own curiosity. You always have the right to; take time to consider and reflect on the questions; ask for clarification; take them away and consider them in your own time.

Practical exercises

Coaching is a learning methodology to help you grow and develop. I will introduce you to exercises and practices that will allow you to focus on your felt sense. I will regularly and continuously prompt you to bring your attention to what you are noticing. It is out of this direct experience that you can then develop insight about any new actions.



Observations

As we work together, I may make observations about what I am seeing or hearing, this may be specific words or phrases, patterns or approaches. These observations are intended to provide a perspective for you to consider. I may provide you with feedback or feedforward if appropriate; to assist you in seeing other perspectives or choices that may exist. I may also offer information or ideas for you to consider. The choice is always yours – you decide what you want to do with this information and what action(s) if any you will take.

Note-taking and reflection

It is your coaching session I strongly encourage you to take notes and reflect on what we are talking about. I encourage you to record the insights and questions you have, any actions you want to take, and anything you'd like to think about and follow up on.

I will also take notes to refer to when required. You are welcome to get a copy of these notes at the end of each session. They are held confidentially and securely destroyed when our coaching sessions are completed.

How do I get the most from coaching?

While coaching is an effective way of accelerating your development, it also represents an investment of time and money. Here are 9 ways to get the most out of this coaching program:

1. Give yourself permission to be in the unknown
2. Drive your own learning, always seeking what will best serve you, and ditching what doesn't
3. Be open and curious about what comes up in the sessions
4. Keep observing your own responses/reactions in the sessions, and share these observations with me, even if they don't make sense at the time
5. Keep your manager informed of your journey and let them know how they can support you
6. Prepare for each session - taking care of any possible distractions, getting set-up in a quiet space where you won't be disturbed, and getting clear about your intentions
7. Reflect your learning – it can be helpful to keep a written log of your sessions
8. Develop the habit of being direct and candid
9. Celebrate your breakthroughs

For more see: **Coaching: Getting the most out of it**

http://www.hr.com/en/magazines/leadership_excellence_essentials/may_2015_leadership/leadership-coaching-getting-the-most-out-of-it_i93y2ia8.html?s=5ToVe3uLLWhnVcXC

Am I ready for this?

To make this work for both of us, I recommend that you consider your responses to the following statements, especially any you disagree with. We can discuss them in our initial meeting.

1. I am at a point in my life where I am ready to commit to a process of learning and growth.
2. I am willing to be open and honest at our sessions; sharing any relevant information that will help my coach be able to work with me effectively.
3. I see coaching as an investment in my leadership and personal growth, as opposed to a punitive measure or a 'mandate' from others in my organisation.
4. I understand the client does the work in coaching, not the coach.
5. I'm prepared to tackle the tough issues in order to close the gap between where I am now and where I want to be.
6. I can commit to identifying 1-2 focus areas or development goals; and identifying what progress or success looks like for me
7. I understand that coaching is both supportive and challenging – the goal is to help me grow and develop.
8. I'm open to new ideas and new ways of doing things to facilitate positive change and growth.
9. I am prepared to devote the time needed to make coaching work, including time for meetings and any homework in between.
10. I am committed to turning up on time and being present and focused during our time together.¹
11. I recognise the importance of being gentle and patient with myself, and to honouring all aspects of my experience.
12. If something is not working in my relationship with my coach, I will let my coach know immediately so we can immediately take action to improve the situation.
13. I am open to celebrating my learning and success.

As coach, I will observe the International Coach Federation's Coaching Code of Ethics regarding professional conduct, conflicts of interest, professional conduct, confidentiality, privacy and continuing development. For more details on this see:

<http://www.coachfederation.org/about/landing.cfm?ItemNumber=854&navItemNumber=634>

¹ In the event you need to cancel or postpone a session please advise with as much notice as possible. In the event a session is cancelled with less than 48 hours' notice the session will still count as part of the package.