

Welcome: Coaching the Genuine Contact Way

Genuine Contact with Creation

Alchemy

Intuition

Strengths

Freedom

Capacity Development

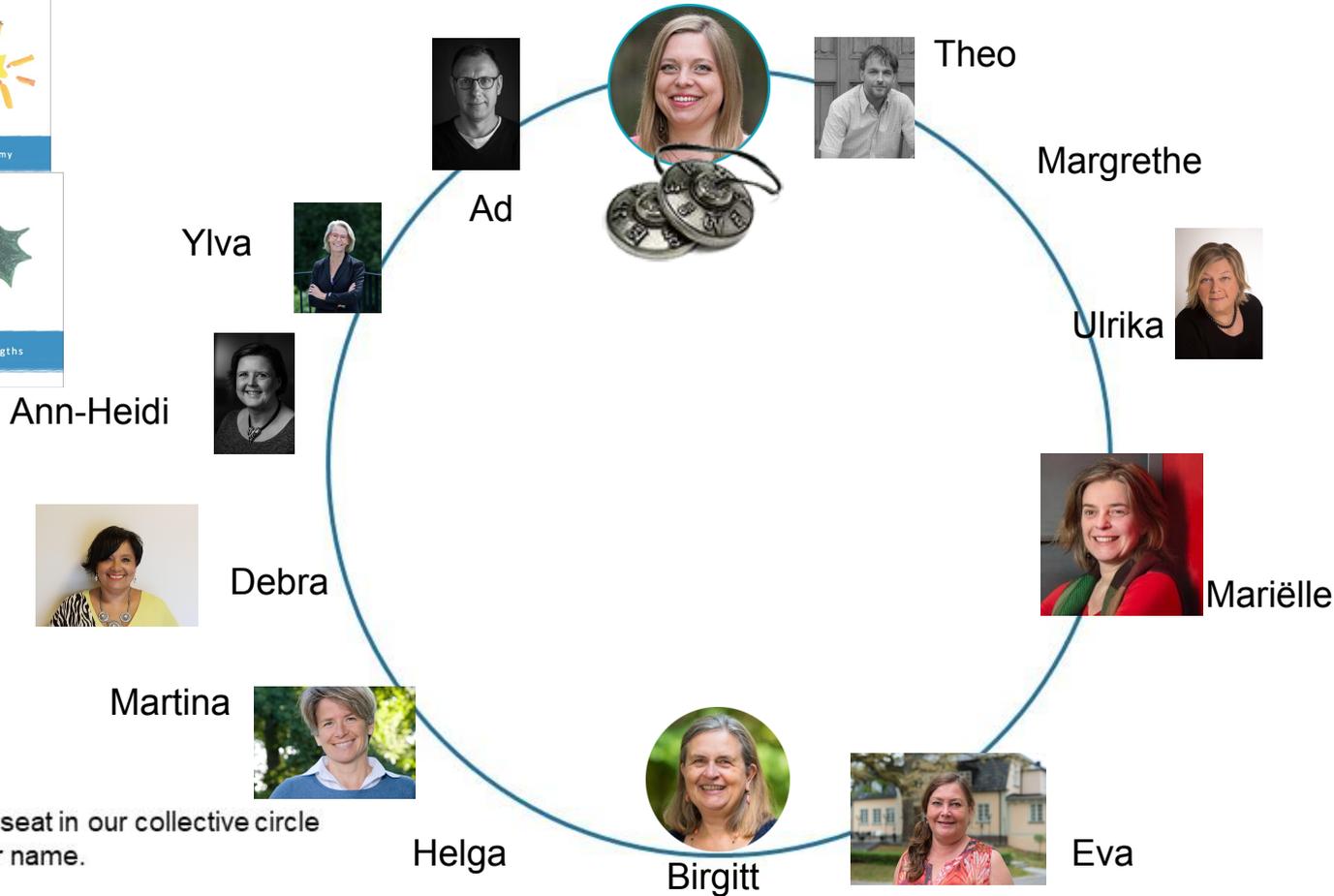
Clear Purpose

Courage

Health

Nourish

Genuine Contact with Another



Please take a seat in our collective circle by writing your name.



Transfer In



<https://www.dalarinternational.com/developing-leadership-cards/>



Reflections about a Holistic Approach

My association with coaching is that it's often times very visible-result oriented. A holistic approach also gives space for invisible, not to measure, results. Holistic Approach is inevitable

How much of the holistic approach can be learned, and how much must you experience?

Purpose and why gives energy

Coaching 1 person can be of value to many persons.

The wisdom is with the persons and in the room and comes into being through genuine contact with self and others

Leadership without a feeling of being united to a common vision or purpose is hard

Leadership is changing substantially and the workforce of today actually expects a more holistic approach to leadership, especially being connected to their leaders in a much deeper way

Everything is connected. And you (more or less) always have a choice.

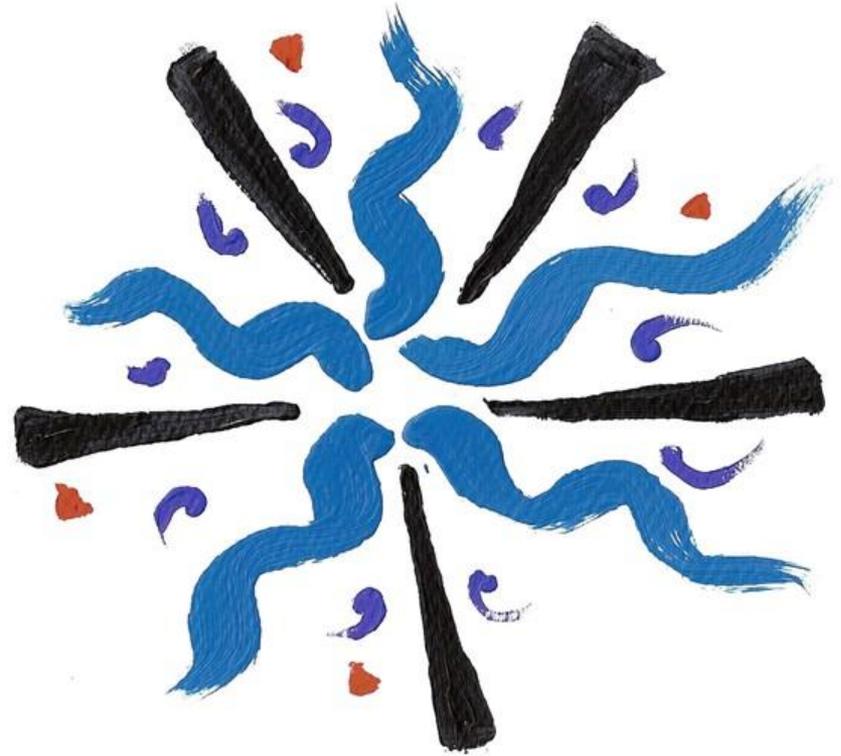
There is often [always?] an even larger 'whole' for my whole to connect to.

People can be engaged also NOT using a holistic approach and get good results. However such an approach becomes often an obstacle when things change, and things become more challenging

I didn't realize that 'a holistic approach was/would be the essence/focus of coaching the GC way. Aha, good to be reminded.



Hopes & Fears



H&F for this workshop - to much time for "introduction" to little time for the main subject -i.e coaching with the 6 level...

Hopes & Fears

H&F for Coaching - to be able to use the 6 level in coaching sessions

HOPES

Enrich my toolset (espec. 6 level in coaching)

Reflect my last coaching sessions - a little bit - preparing the next (tomorrow)

Integrate more GC elements in coaching (learning from the experience of others)

FEAR

Technique & Language

Workshop

Hopes: - new insight - learn (already done that :)) Reconnect with my coaching tools and.

Fear: Little time left.

Coaching in general

Hope: Use it more, deeper listen, open my eyes for new perspective.

Fear: impatient, filters

+ Finetune
coaching basics
and learn some
things to chew

+ Meet and talk to nice people

- At the moment not enough headspace to learn.
on.

Hopes & Fears

Fear of pushing
the client to hard

What is the balance between
achieving results and listening
for and enabling emergence?

Hope the client get in GC
with themselves

Make sure that we as
coaches check out all “the
surroundings” around a
choice/decision made by
the client in the session.

Hope learn more about open
space in coaching

How do I make the client
the ‘hero’ of their story as
the Yoda to their
Skywalker?

Hopes for today: the Six Level
Evolutionary Spiral and how to
use it in coaching & how to
regenerating four dimensions

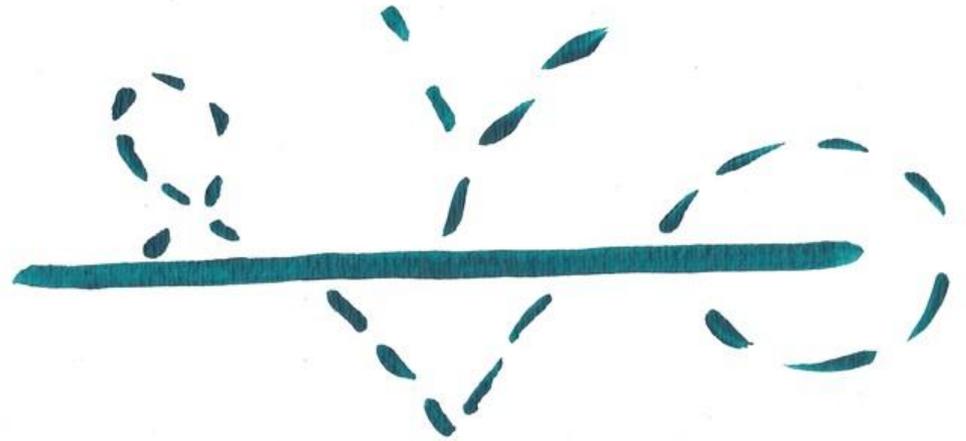
Fear can I create conditions and
actions that the coachee’s get
into enough contact with
themselves

Service Delivery Model



Co-Creating the Container

- Welcome & anchoring energy
- Transfer In
- Hopes & Fears
- Reflections About Learning
- Service Delivery Model



Reflections about Co-Creating the Container

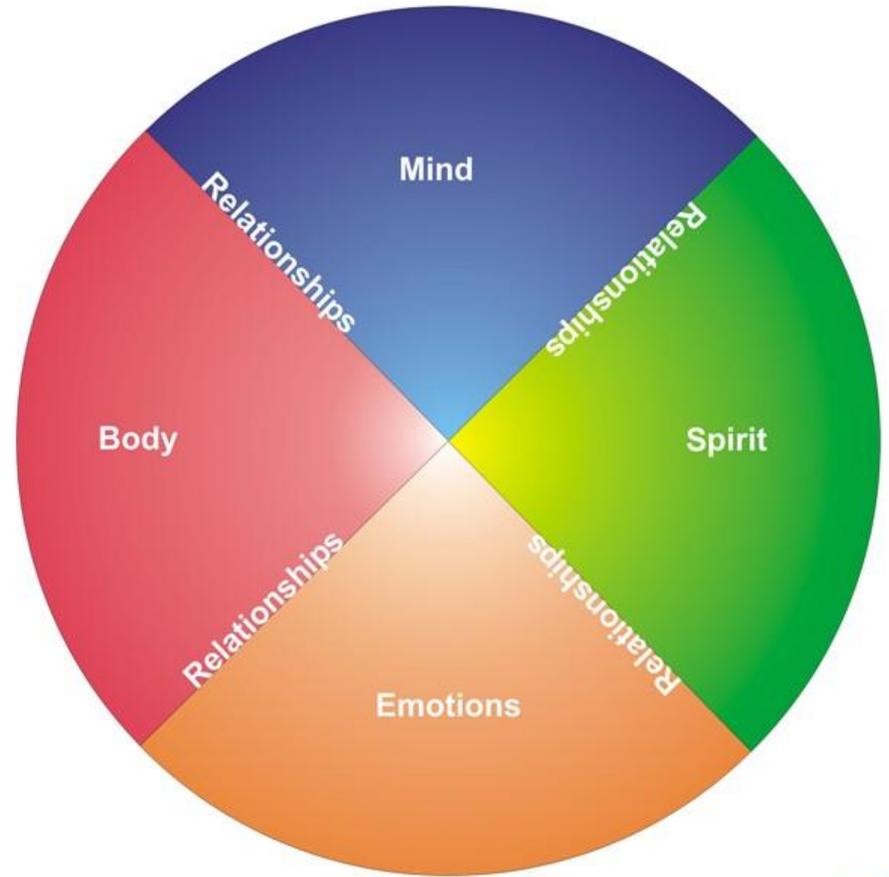
You have to create a safe haven with the coachee first, transfer in and get in contact with her/his emotions, hopes and fears and the vision for the session first. Without you get answers that is not integrated with mind, heart and will never be action from the hands

Important to take time to slow down to create the container...however the coaching session might not have enough time to do all of this because there is this concentration thing...how much time is the right time.

How much is enough of opening the space for comfort and how much it too much? If I am willing to listen appropriately, I will figure out the right place with this tension

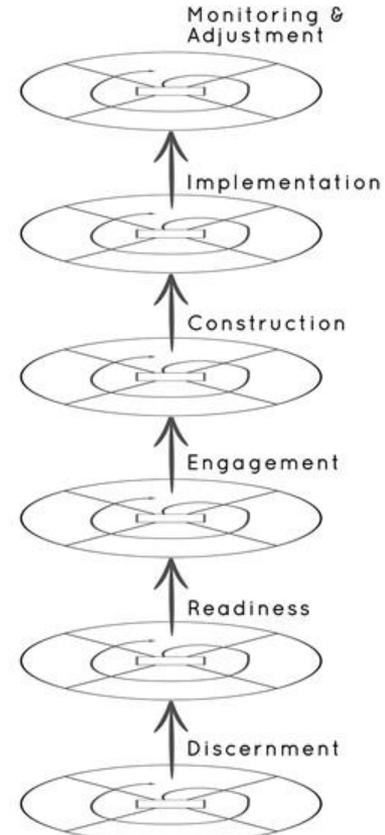
Important to build a coaching alliance with my client..equal relationship, Discussing what to do if the relationship isn't going well but this has been in the form of 'telling'. But now could use WPPF method to start in a different way

Four Dimensions of Well-Being



Reflections
about the Four
Dimensions of
Well-Being

Six Level Evolutionary Spiral



Evolutionary Spiral
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Reflections about the Six Level Evolutionary Spiral

The first phase, discernment is one of the most important ones, to reveal what is about 'what is your story about coaching, what do you think coaching is?'

It is important to reveal what coaching is, what the perspectives are..at the beginning

In any helping relationship this model is useful...not just for coaching

When I am successful, I spend time on first two levels..it is my experience

My coaching starts with determining if we have a good 'click' and then we get into orientation..so now wanting to figure out how discernment and readiness fits into

Important to me to hear this building this container is about shared responsibility
Delivery Model is going to be helpful

Readiness to learn---different expectations about learning, ie: listening to it without
involved..little meaning in coaching if person is not willing to learn? Address readiness

