

## Using Your Intuition

In addition to the customary five senses that help inform us about our environment, there is a sixth sense, intuition, that Co-Active® Coaches use fully.

There are three steps in using your intuition in coaching:

1. Turning your intuition on — learn to listen at Level 2 with your client, with your intuitive receiver tuned to their wavelength. Then listen at Level 3, with a soft focus antenna ready to pick up the intuitive messages, signals or nudges, that “something tugging at you”.
2. Paying attention — notice that you have received an intuitive signal. Many people feel the intuition in their bodies. Sometimes it is literally a “gut” reaction. Some people feel intuition all over, or in a specific place in their body (chest, forehead). Some people don’t feel intuition in their bodies at all — they simply have a sense. It is good practice to look for yourself to see where you experience intuition.
3. Blurt! — Intuition is of no benefit to the client unless coaches actually speak what their intuition gives them. The key to speaking from your intuition is to not be attached to your interpretation. In Co-Active® Coaching we assert that your intuition is never wrong... the nudge you receive is always worth paying attention to. It’s the words we put around our intuition; our interpretation as coaches that is often off target.

Here are some questions to keep “on a shelf” in your brain to help you access your intuition.

- What is the client’s tone of voice telling me?
- What is the client’s underlying mood?
- What physical sensations am I having while the client is speaking?

As you begin to play with these questions use them in your coaching interactions by prefacing your remarks with:

- I have a sense...
- I have a hunch that...
- Can I check something out with you?
- I wonder if...

Remember your interpretation of your intuition may be off. Allow your clients to course correct and dance with them where they are.