

Co-active® Coaching Process

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TABLE OF CONTENTS

Section 1: Basics

Being In This Moment	1
A Visual Model of Process Coaching	2
The Amplified Life	3
What We Can't Be With Runs Our Lives	4
Geography	5
Coaching Up or Down the Tube	6
The Contexts and Process	7
Life Purpose	9
Putting Together a Life Purpose Statement	10
Life Purpose and Process	11

Section 2: Resources & Tools

Introduction to Resources & Tools	12
The Coach's Geography and Process Coaching	13
Process Coaching Overview	14
Life Purpose Inner Journeys	15
Hints for Debriefing the Life Purpose Inner Journeys	16

PROCESS COURSE OBJECTIVES

Process coaching is about being with clients wherever they are on the flowing river of their lives. Although uncomfortable, a client's mess, chaos, and confusion are part of his or her forward motion. Being with clients in both their messy and ecstatic places allows them to feel known, and in that mirror, to more fully know themselves.

At the end of the course, you will be able to:

- >> Use "Geography" in client interactions.
- >> Facilitate a Life Purpose Statement with your clients.
- >> Work with emotionally charged issues with clients.
- >> Use process coaching skills that have clients experience in the moment what is true for them rather than talk about it.

Section 1

Basics

BEING IN THIS MOMENT

Our clients frequently come to the coaching session completely consumed by what happened the past week, or earlier that day, or since childhood...or they are completely engaged by what they are reaching for in the future: their plans, goals, intentions, the way the world will be when they have made the changes they are focused on in their coaching. They are talking about the past or talking about the future, but not really being in the present. When we turn off the chatter from the past and the future, we can bring all of our attention on this moment and it becomes HUGE. It is a challenge for many people to be in this moment. How ironic because it's actually the only moment that exists. This one. And now this one. This is the moment you are reading the words on this page. Slow down your reading. Slower. One word at a time. Now slower yet. Notice your breathing as you read this. Notice the sounds in the room around you. This is the moment you are alive. Pause here. In this moment. Appreciate being alive.

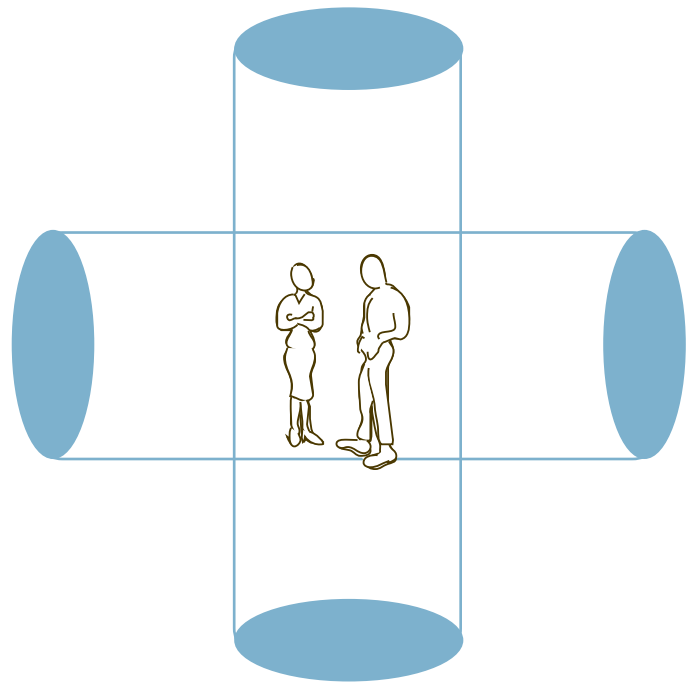
It is so easy to skip over, and yet it is vital. Coaching a client's process starts with being in the NOW.

A VISUAL MODEL OF PROCESS COACHING

A graphic expression of Process looks like two tubes intersecting: a vertical tube and a horizontal one. It's a graphic of time and movement. In the center of this graphic are the coach and client. The horizontal tube represents the moving forward axis...the client is focused on getting somewhere, and the coaching is chosen to take them there. You can feel the leaning forward, arms pumping quality of this march towards the future. The vertical tube represents being in the moment with the client, right where they are.

The horizontal tube primarily shows what is happening with the client externally: the action, the choices, the impact and the behavior of moving forward. The vertical tube primarily shows the internal experience of the client. In the vertical, sometimes they are moving down into their life experience of the moment. People describe this as heavy, dark, sinking. What words would you use for the down side of life? Sometimes clients are moving up the tube. We might use words to describe this as being "up," rising, floating, and even flying higher.

The focus of coaching the client's Process lies in the vertical tube, both up and down. When it comes to up and down, it's easy to think that up is good, light, exhilarating, and successful, while down, is dark, miserable, sad and bad. Except the truth is, our clients often have as much difficulty being with the "up" side of their lives as they do with the "down" side of their lives. As a coach, how many times have you had a client come to the coaching session after weeks or months of working towards a goal, and when the goal is in sight, or reached, the client suddenly wants to focus on the next thing to do rather than be with the victory, the completion, their own success or magnificence. In coaching Process, we make no judgments about one direction being better than another.



THE AMPLIFIED LIFE

The goal of Process is to give clients the opportunity to own their WHOLE life...all of it. The peaks and valleys. The ups and downs. Too often people create their lives to avoid the highs and lows. They are looking for a safe and comfortable middle with no swings either way. It is a misguided form of self-protection — protection from pain, or sometimes, just avoidance of strong emotion in either direction. If we attached an EKG monitor to their life force, instead of highs and lows their life force would become dangerously close to a flat line. This is a deadly alternative — a “dial tone life.” If coaching for Fulfillment gives clients back their dreams, and coaching for Balance gives clients back their choices, coaching the client’s Process gives them back the means to experience their whole life in every moment.

Being With – In This Moment

It’s an odd phrase, “being with.” Maybe the easiest way to relate to this is the familiar sense of being with friends. Another situation that comes to mind is being with someone who is in the hospital. There’s nothing to do there — at least no expertise that you bring to their healing, but it is important that you are with that person. You’re not just passively sitting in the room; you’re actively engaged even if there are no words. In the language of listening that we use in Co-active® Coaching, it is about listening at Level 2, connected to the person, and at Level 3, as aware as you can be of the surrounding space of connection and everything that’s in it, a sensitivity to the person and where they are. “Being in action” implies moving forward, having things to do, focusing on options. “Being with” implies exploring the territory, moving deeper into the experience. Whatever shows up is perfect. Nothing has to change in this moment. As coach, that means being enormously curious about whatever is here, and whatever is true right now, and helping the client experience that more and more deeply, rather than running from it or resisting it.

WHAT WE CAN'T BE WITH RUNS OUR LIVES

Here's how it usually happens. You, as coach, recognize that there is something blocking the client's progress. You may not have a clue what it is, but you sense there is an obstruction in the flow or turbulence in the river of the client's life. You get curious about this underwater obstruction. Sometimes clients get curious too, or they know what it is from past experience. Sometimes clients want to avoid the whole exploration; they would much rather talk about the treasure they are paddling for down the river. Clients are human beings and human beings often resist going down into the dark, fearful of what monsters they might find. They often resist going into the light too. They want to stay where it is familiar (no matter how turbulent) or where it is safe or comfortable. They resist going there — even when they know intellectually that going to a new, better place in life means going through something they would rather avoid. So they resist, and it doesn't go away. You've probably heard the line, and it seems so true, "what we resist persists." The more it is avoided, the bigger and more persistent it grows. Eventually it starts to run our lives.

For example, most of us would prefer not to disappoint others. If your client is avoiding disappointing others at all costs, guess who is paying all the costs? When they decide they'll do anything to avoid disappointing others they cut themselves off from what might be possible if they took the risk or moved forward anyway and dealt with the consequences. Some folks avoid standing in the spotlight, even when they've earned the right and deserve the recognition; it's not "appreciation" they feel when they stand in the spotlight, it's "exposed" and "vulnerable"...it's a hot seat, not a victory stand. So they avoid doing things that would bring them attention or even success. They live in their own shadow, and thereby cut themselves off from all that would be possible by taking a risk, by standing in the light. If they can't be with disappointment or success, they cut themselves off from that much life, and the maneuvering room gets smaller and more difficult to negotiate. There are big boulders in the road, and "disappointing others" is just one of the many things they might avoid.

How about anger? Can't have that in my life; avoid any situation that might lead to anger! Intimacy? Too risky; take the detour here. Or confrontation? Back up, turn around, find a way around that or see the faintest warning sign in the distance and lie low.

Most of the time clients are unconscious of the boulders. Their focus is on getting around or getting by. They are not aware that that they are stalled at the foot of a boulder called "Disappointing Others." They are unaware that they have been trying to drive around this thing. The boulder itself is running their life. Until they see it and deal with it, they won't be able to move forward on the path. The boulder controls the path.

Your job as coach is to have the vision to recognize this situation and point it out. Almost always when clients recognize what they've been struggling to avoid, they will agree to go into it, maybe reluctantly, knowing that to get to the other side sometimes means traveling through the hard stuff.

The relationship between coach and client exists in space and time. Even in telephone coaching there is definitely an environment created in which the coaching occurs. This environment has many qualities that we call the Geography. Geography in Co-active® Coaching was introduced in the Balance course. In Balance, you focused on the geography of the client. Here, in Process, you are focused on the geography of the coach and how that affects the coaching.

The Geography of “Take the Client Somewhere”... The Geography of “Take the Client Where They Are”

In coaching, there is a definite geography associated with moving clients forward. In our Process model this is the geography associated with Taking Clients Somewhere. Your intention as coach is to use your coaching abilities to take your clients to a destination of their choosing. Your posture as coach will help you ground in this geography. What is that for you? Edge of the chair? Leaning forward? Intent focus?

There is also a geography for being with clients in the moment: Taking Clients Where They Are. As we said earlier, you have heard where the client is, you heard “it” and know you are taking the client into that experience. This will have a very different feeling, posture, and climate. What is your geography here? Maybe leaning back, open, receptive, spacious. Geography is much more than body language, but the body is an important access point for creating the experience. Geography also includes things like tone of voice. Imagine using a gritty, hard-edged, fast paced, rapid-fire verbal style (think Manhattan taxi driver here) when the geography you want to create is tender and reflective.

The goal is to be aware of the geography you are creating as coach and to notice what happens when you or your client changes geography.

Coaching “Down the Tube”

Standing at the edge and looking down can give you a dizzy, vertigo feeling. Even when you know, and your client knows, that going down the tube is what is called for, it can sometimes make you pause. Down there is the unknown. There is no map. Your job is to go into the dark with a flashlight and explore, shining the light. You need to be prepared for an experience that might contain strong emotion, but not let the strong emotion derail you from your course. Remember that this is a Co-active® relationship, and a designed alliance with your client. You are not going “Down the Tube” as a thrill ride. You are going there because there is great learning to be discovered that will eventually make it possible for your client to have a richer, fuller life. And you are committed to that full life for your client. You are more committed to that full life than the discomfort of being in the dark. You go there with the client’s permission of course, and sometimes it means being a stronger voice for your client’s life than the voice of his or her fear.

Coaching “Up the Tube”

As we said earlier (it bears repeating here): it is an easy mistake to make, defining “Down the Tube” as dark and hard, or miserable and sad...and “Up the Tube” as easy, light, exhilarating. It’s true, going “Up the Tube” often feels lighter, like floating up. But the journey up can be just as daunting for some clients. It means climbing the mountain. There can be strong emotion, a desire to run and hide. There can be fear of the consequences. It can be just as much the Unknown, or Forbidden Territory. The same commitment on the part of the coach is called for here: a commitment to the client’s whole life, richly lived; and a persistence on behalf of the client to go there.

THE CONTEXTS AND PROCESS

As you recall there are five coaching contexts in the Co-active® Coaching model:

- >> Intuition
- >> Listening — especially listening at Levels 2 and 3
- >> Curiosity
- >> Self-Management
- >> Deepen the Learning/Forward the Action

These contexts are what we bring to the arena of the coaching relationship. It's true whether we are coaching the client's Fulfillment, Balance or Process. We've found that it is especially useful to remind coaches of these contexts when it comes to coaching Process and helping clients be in the moment. When coaches ask, "How do I DO Process coaching?", one answer is to look at the contexts. How much of your intuition are you bringing to the process? What would happen if you doubled the access you have to your intuition? How much are you hearing at Level 3? Focus your listening on Level 3 in Process, and coach what you are hearing there, rather than the details of their story. Be more curious about what is going on inside the client than what is happening outside in the client's life. Notice where you have your own issues and self-manage. Do you avoid Process coaching? Finally, remember that all coaching leads to action but especially in Process, you will first spend time exploring, investigating, deepening the experience and uncovering learning.

A Word About Skills, and a Caution

In the Co-active® Coaching Glossary you will find a number of skills that are useful in coaching Process. Some skills especially lend themselves to helping clients go deeply and stay with their experience. Here is the caution: your attention needs to be on the client and not on the skill itself. This is true for clients as well. If you or your client becomes focused on the technique then you are "being with" the coaching technique and not the client's experience. In general, be aware of when clients pop out of the experience to talk about it.

Some skills for Process coaching might include:

- >> *Resonance/Dissonance*: Process coaching is all about your client being present and experiencing their life in the present moment. Noticing resonance and dissonance will help you discern whether your client is IN their experience (resonance) or simply talking about it (dissonance).
- >> *Powerful Questions (Naturally)*: Especially useful are questions that focus on this moment: Where are you right now? What is it like there? What is the emotion? Also useful are questions that help the client explore the experience: Where do you feel that emotion in your body? What color is it? What size? Talk about the knot. How is it changing? What sound is it making?

- >> *Making Distinctions*: Sometimes as a client is in their experience, the coach may recognize that the client has two or more beliefs or ideas entangled into one disempowering belief. Distinguishing these allows the client to work with them separately and to become more resourceful. For example, say your client has failed to reach a sales goal, and they believe that they themselves are a failure as a person for missing that goal. It is the coach's job to help the client tease apart their failure to reach their goal from the client as a successful human being.
- >> *Witnessing*: You are a powerful companion on your client's journey. You are his or her advocate and supporter. You see who the client is being and what they are doing on this often difficult journey. Simply being with your clients and telling your clients what you see them doing, and who you see they are being is a powerful way to anchor the experience your clients are having.
- >> *Acknowledgment*: When you acknowledge your clients they feel truly seen at their core. When they are in the struggle, it is fuel to their motivation when you acknowledge who they are being in the process.
- >> *Championing*: This is a natural skill that will likely show up in coaching a client's process. Championing your clients reinforces your belief in them. They know that you really truly hold them as creative, resourceful and whole, even if they're in a mess in the moment.
- >> *Level 3 Listening*: Level 3 Listening is particularly useful in Process coaching. Level 3 Listening allows the coach to hear the emotion underneath the client's words or the dissonance in the space between what the client's words are saying, and what their tone of voice or expression or energy is saying. Level 3 Listening is where the coach picks up these kinds of clues, and then articulates them for coach and client to work with in the coaching.
- >> *Meta-view*: When clients are down in the mess of their lives or struggling to find their footing as they climb up, sharing the Big Picture gives clients a sense of the overall purpose behind the experience.
- >> *Metaphor*: A client's own process can be a place where it is difficult to have concrete language, so much of the experience is emotional, or in other ways, below the surface. Metaphor gives clients a way to talk about their experience in imagery.
- >> *Clearing*: Sometimes, the pent up emotion is so supercharged that clients aren't able to explore until they've had a chance to burn off the excess energy. Clearing gives them a set period of time to simply ventilate, blow it off, with no judgment, no holding back and no repercussions. Nothing has to make sense or be justified, it's just burning up excess energy.

Helping clients find a Life Purpose Statement gives them the means to know, moment-by-moment, when they are on their life path and when they are not. They know this usually whether they have a well-formed Life Purpose Statement or not. They've known most of their lives when they were on purpose, and when they were not; it is an internal awareness. "On purpose" has a resonance to it. It is a strong chord that reverberates. "Off purpose" is discord, dissonance. The Life Purpose Statement is like a tuning fork that helps clients remember who they are when they are on purpose and the difference they make in the world. The Life Purpose Statement sends out a tone that clients can align with, tune to. In the broadest sense being on purpose is being true to the core. Being on purpose is one definition of living the fulfilling life. It would have been perfectly natural to introduce this tool in the Fulfillment course, but we introduce it in Process because it is a beacon for clients when they are lost. Life Purpose brings them back to who they are, have always been, and will always be. Life Purpose makes this moment fully alive. Like all of the tools and skills included in the Intermediate courses, you will find the appropriate place to use Life Purpose — it is not meant to be limited to process work with clients.

Our Approach to Life Purpose

We view Life Purpose as more than vocation. The career people choose is often an expression of their Life Purpose but we are more than our work. So Life Purpose is also more than a personal mission statement or a career goal. You can check in any moment whether you are living your life on purpose or not. The measure to look for is the impact you are having in your world. Look at how you are affecting your environment and the people in your world. When we work with clients to create a Life Purpose Statement, "impact" is where we have them look.

Imagine Your Impact

We want clients to get in touch with the impact they have when they are on purpose. The goal here is for clients to feel the internal experience of being on purpose. From this internal experience, clients begin to put together words that express their sense of the impact they have when they are on purpose. Notice that clients do not have to learn how to be on purpose; they already know that. Life Purpose is not something they aspire to or learn how to have, they have it inside already. This coaching helps clients clarify what that is; we help them find words.

These inner journeys can be relatively short — they are not usually the same as a guided meditation — and feel free to create your own approach to this. The inner journeys focus on impact and they send clients into different settings; clients will usually get more out of one than another and we recommend you use at least three. See *Section 2: Resources & Tools* for several ideas for inner journeys.

PULLING TOGETHER A LIFE PURPOSE STATEMENT

The Impact

After doing the inner journeys the coach's job is to help the client stay in tune with the internal experience of being on purpose as they express the impact. As coach, look for when the client is in touch with the internal power of being on purpose. It is something you can sense, listening at Level 3. In this place the words they use are important because they come from a deeply felt place. Pay attention to their words and reflect them back to the client—they have special power. Remember this is not a vocabulary exercise in the same way that mining for values was not about finding the “correct” words. Also notice if clients pop out of the experience and begin talking from a detached, analytical place. Notice how the energy shifts and bring them back into the experience again. Life Purpose comes from the heart.

A Metaphor

In the format of Life Purpose Statement we use, we also ask clients to find an image, a metaphor, a symbol of some kind that captures who they are and when they are living their life on purpose. Imagery and symbolism anchor the essence for clients. When they are lost in the swamp of their life it is much easier to remember a powerful symbol than a long wordy description.

The most memorable, and therefore effective, Life Purpose Statements are concise and powerful. Here are some samples:

- >> I am the lighthouse beacon that draws people back home.
- >> I am the burr under the saddle that reminds people to live.
- >> I awaken people to their aliveness and creativity.
- >> I am the wizard that dispels the spell so people come alive.
- >> I am the mirror that reflects your truth.
- >> I am the crashing wave that washes away the barriers.
- >> I crack open the laughing life.

LIFE PURPOSE AND PROCESS

One of the things you may notice in working with clients to develop a Life Purpose Statement is they get shy about stating their impact or standing completely in their Life Purpose. When the Life Purpose Statement really IS a true tuning fork, the power of it can send shivers down the client's spine. It can seem SO much to live up to that they want to make it less bold. They want to tone it down. They might say, "it's too grandiose." Well it ought to be, by God...this is not something they will put on a business card, it is a private expression of their Life Purpose, which is expansive, enormous and electric.

This is one place where "Up the Tube" coaching can be so effective. Coaching "Up the Tube" is designed to have clients be with their magnificent, fully expressed self: the one who is totally living life on purpose. It can be scary for clients. It can feel risky. They know if they really accept that and choose it as a way of life, their lives will change. There will be consequences. This can be as emotional for clients as going Down The Tube. There are probably huge, life-sized boulders in the way. And yet in the end, there is also discovery and new awareness — owning all of who they are at their core and who they can be in this life. This is the fully amplified life. A life ON PURPOSE.

Section 2

Resources & Tools

INTRODUCTION TO RESOURCES & TOOLS

These resources and tools are provided to support you in getting started. Use these tools as they are or feel free to adapt them as needed. These are copyrighted resources and you have the permission to reproduce them for use with your clients. Duplication for any other purpose is a violation of copyright law.

You will find electronic copies of many of these forms on the Course Materials web page for your convenience.

THE COACH'S GEOGRAPHY AND PROCESS COACHING

Up until now your work with Geography has been focused on the client's geography. In this course we are shifting the focus to the coach's geography.

In Process coaching, too much shifting of the client's body position can sometimes have the client move out of the experience, rather than move more deeply into it. It can work well for you as the coach to assume a different geography and see what kinds of questions come from there.

Here are some examples:

- >> Rather than asking a client to close their eyes you could close yours and see what emerges. Some possible questions that might come to you from this geography are "What's dark about this?" or "What are you blind to?"
- >> If you're sensing tightness in the client or the coaching, rather than shifting the client's geography try putting yourself into a ball and asking questions from there.

You can let your intuition be your guide to new body positions to try on as a coach and keep asking yourself if they are informing you in having the client move more deeply into their experience or away from it and into talking about the experience.

It's important to avoid becoming overly invested in lots of different techniques to use with your clients in Process coaching. This will only serve to lead them into "doing" Process coaching rather than "being" in their experience.

In our current world climate we are so geared to producing results and to getting somewhere. It is a natural tendency for the coach to seek tools and techniques to rely on, tools and techniques that give the coach a sense of providing value and "getting the job done." In Process coaching, however, nothing can replace being fully present with your client in a spacious and present way, having room for and curiosity about what they are experiencing now...and now...and now.

Working with your geography as a coach can assist both you and the client in deepening the learning and forwarding the client's action. Exploring emotions, body positioning, voice tone and pace can allow for deeper insight and understanding for the client.

The geography of different emotions is another powerful place to look in Process coaching.

- >> What is the geography of tears? There are many different kinds of tears. Some are of sadness, some of grief, and other tears are an expression of happiness or inspiration. What are the geographies of these different kinds of tears?
- >> What is the geography of anger? Imagine getting cut off in traffic. That has a certain geography, doesn't it? Or what about feeling betrayed or when a client is experiencing another's dishonesty. What happens when you assume that geography with your client? What opens up for them?

Lastly, while we focus a lot on the body as an access point for geography, it's important to remember that geography for both coach and client includes tone of voice, internal temperature, attitude. We encourage you to use all this and more as you explore the experience of the moment with your clients.

PROCESS COACHING OVERVIEW

1. The coach hears it. “IT” is the emotion, the turbulence, the disturbance, or the energy shift in the life force. This can be very obvious when the client is experiencing strong emotion, or it can be quite subtle: a ripple in the usual tone that you hear, listening at Level 3. It’s a signal that something is not quite the same or not quite right with your client. Your ear is tuned to hearing what your client is communicating underneath the words, and you pay attention and point out what you hear.
2. When you and your client have identified the source of the energy shift, your job is to take your client into the experience.
3. The client experiences it. The client has a full experience of this place — as full as he needs to have. There is no objective measure for this. You will need to trust your Level 3 awareness. At some point you will sense that the client owns this experience, he is able to include it in his life. It’s as if he has been holding this “IT” with both hands stuck to it like glue. It’s cumbersome and he doesn’t have his hands free, but he can manage most life activities. When you have clients experience “IT” you have them hold this weight out in front of them at arms length where they can get a good look at it — and by the way, their arms get really tired — so eventually, they embrace it.
4. The client owns it. It is part of the client’s whole life experience without judgment. It just is. It is sadness, or joy, or risk-taking. It is triumph, or disappointment; it just is. As coach you can hear and feel the shift in the client. It can often feel as though the client has “popped” into a new reality.
5. Client moves forward into action. The client is no longer avoiding the feeling, the client moves forward bringing a new sense of himself or herself into the world.

LIFE PURPOSE INNER JOURNEYS

1. Imagine that you're in an auditorium among a large group of people milling about in front of a stage. People are waiting expectantly. There is a buzz in the room. Now the crowd grows quiet as someone steps on stage. It's your Future Self. Your Future Self begins to speak to this large group of people. All of a sudden you're aware of a shift that has come over you and the entire audience. Your Future Self has had a profound impact on you and the rest of the people in the audience. You are all altered or changed in some fundamental way. Aware of this impact — on yourself and others — you leave the room altered for the rest of your life. What was the impact your Future Self had on you and the others? How were you and the others transformed?
2. You have been given the technology to rewire all of the metal detectors at all of the airports around the world. They will still do the usual job they were designed to do, but in addition, peoples' lives will be fundamentally changed. You get to decide how people will be different after they walk through that metal detector/life changer. They won't be harmed in any way, but they will act differently, speak differently, and relate to their world in different ways. You watch as they go through the gate and see the change. What did they experience when they passed through the gate? Once they pass through that gate, what do they know that they didn't know before?
3. Scan back in your life to a time when you know you were fully alive. You were strong and powerful. Your fingers and toes tingled with it. What were you doing? Who were you with? What was happening around you? What was your role? What was the impact you were having? Who were you then?
4. Imagine a huge freeway in your hometown. You have just been given free billboard space on that freeway. Thousands of people pass by it everyday. You have the opportunity to impact these people in any way you would like. What would you put on that billboard? What colors would you use? What are the images? What is the impact on the drivers as they read it?
5. Imagine yourself at a ripe old age, sitting on a porch in a rocking chair. Friends surround you and are telling stories and speaking of the difference you have made in their lives. What do they say?
6. A wonderful, magical thing has happened while you were sleeping last night. You have been given an extraordinary gift. You awoke today feeling changed, feeling charged. Your fingertips are tingling with power. You have an urge to walk among the throngs of people flocking your city. You know that as you walk among them you will be drawn to reach out and touch some of them. You will know who to touch, and you know that your touch will transform them utterly and beautifully. Who do you touch? What is the transformational gift you give them?

HINTS FOR DEBRIEFING THE LIFE PURPOSE INNER JOURNEYS

Your goal in debriefing the Life Purpose Inner Journey is to have the client develop a Life Purpose Statement. Your job is to generate a sentence composed of a metaphor and impact statement. Generally the framework is:

I am the _____ that/who _____ .

Begin by asking your client to tell you what she saw and heard in each inner journey.

As she relates her experiences, listen for themes. It can be easier to focus on the impact first, and then come up with the metaphor. Ask questions about the impact she had on others in the inner journey.

Start with crafting the statement for the impact. Do not get attached to finding the right words. It is important to keep the space open and curious. Pay attention to the impact the client is having on you in the moment. Is the client soft and calm or is he playful and loud? Use what you are seeing and experiencing in the moment with the client to help you formulate a statement.

Clients often shrink from Life Purpose Statements that sound too big and powerful. It is your job as coach to get them to stretch into their purpose.

Once you have crafted an expression of their impact, begin playing with metaphors. It can be helpful to ask your clients to draw their life purpose and to use the images they draw as a place to start.

We are including sample Life Purpose Statements with a note of caution. While it may be tempting to choose one from our list rather than craft one with your clients, we feel you will be robbing your client of a personalized powerful tool to help them move forward in their life. We include these examples to illustrate the variety and very personal nature of the life purpose statement.

Examples:

- >> I am the light that makes it safe to love.
- >> I am the jet stream that lifts and supports.
- >> I am the magical smile that reminds you who you are.
- >> I am the wave of inspiration that moves you to shore.
- >> I am the scout who lights the path.
- >> I am the sizzling fiesta inviting everyone to dance naked.
- >> I am the prick in the meadow that incites life's dances.
- >> I am the dancing guide who fosters faith in the mysterious river.
- >> I am the breath of love that ignites the infinite bonfire of your soul.
- >> I am the first domino.
- >> I am the sorceress who enchants others to dance the striptease.
- >> I am the imp that calls you forth onto the trampoline of life.