

## Module #08/Week #15/Pod Call #08: The Contexts of Curiosity and Intuition

Upon completion of this module, participants will be able to:

- Demonstrate Curiosity with the client in the moment with no attachment to the client's response.
- Effectively offer Intuition to move the coaching forward.
- Hold the energetic aspects of Curiosity and Intuition as well as the skills that demonstrate them.

Time	Activity	Notes
0:00-0:05 5 min.	<b>Welcome</b> <b>Possible questions:</b> <ul style="list-style-type: none"><li>• How do YOU access Intuition?</li><li>• What area of your life would benefit from your own Curiosity?</li><li>• What are you most curious about with your clients?</li></ul>	Tip: You might begin with the next section (Intro to Curiosity and Intuition), and then ask one of these check-in questions to launch the discussion.
0:05-0:10 5 min.	<b>Introduction to Curiosity and Intuition</b> <b>Context for the call:</b> <ul style="list-style-type: none"><li>• Today's call covers the final two Contexts of the Model: Curiosity and Intuition.</li><li>• We're going to discuss first how/why they are Contexts in the Model, and then review and practice the skills that demonstrate them.</li></ul>	

Time	Activity	Notes
0:10-0:25 15 min.	<b>Discussion</b> <ul style="list-style-type: none"> <li>• What are you curious about for your client in the principle of Fulfillment? Balance? Process?</li> <li>• How do you access your Intuition? Some feel it in their bodies; some see pictures; some hear words...</li> <li>• How is Intuition a Context and not just a skill?</li> <li>• How do you know when you are coming from Curiosity? When you're not?</li> <li>• How do you know when you're attached to a question or your intuition? How does YOUR attachment serve the client? What is better way to express something that you are attached to (rather than pretending to be curious)? What supports you in being unattached?</li> </ul>	<b>Key Learning Points:</b> <ul style="list-style-type: none"> <li>• Intuition and Curiosity come from the relationship with the client. It's not personal to the coach (L1); whether your intuition is right on or not, it's still about the client.</li> <li>• Intuition and Curiosity both require the coach to be unattached.</li> <li>• Articulate What's Going On, Championing, Calling Forth, Self-Management are some other skills to use when coach may be attached.</li> <li>• The Co-Active Coach is always coming from and open to their intuition. It's not something to 'use' as needed, it's always there, like Curiosity. It's a being state — being open to intuition whenever it is present or needed, as opposed to a doing.</li> <li>• Curiosity is a playful state, full of wonder. As in, "I wonder what you want?"</li> <li>• Explore the ENERGY of Wondering. Curiosity tends to lower the risk and eliminate the stifling quality of potential judgment.</li> <li>• Intuiting is the process of accessing and trusting one's inner knowing.</li> <li>• It's the ability to understand something immediately, without the need for conscious reasoning.</li> <li>• Sometimes, the information received through intuiting does not make rational sense to the coach. However, this information is usually</li> </ul>

Time	Activity	Notes
		<p>quite valuable to the client.</p> <ul style="list-style-type: none"> <li>• Intuiting involves taking risks and trusting your gut.</li> <li>• It is an offering; may be blurted, may be in the form of a question, or Articulate What's Going On.</li> <li>• We take in information from our right brain in images, senses, etc. When we translate it into language (left brain) sometimes the translation is off. Intuition is always onto something, it's our translation that may miss.</li> </ul>
0:25-0:30 5 min.	<b>Review: Skills of Curiosity and Intuition</b> <ul style="list-style-type: none"> <li>• Powerful Questions: coming from Curiosity and/or Intuition.</li> <li>• Blurting/Naming Intuition.</li> <li>• Articulate What's Going On: naming what is happening in this moment.</li> </ul>	<b>Questions are Powerful when they:</b> <ul style="list-style-type: none"> <li>• Evoke clarity, action, discovery, insight or commitment.</li> <li>• Send a client somewhere new. If the client has a dissonant answer, it was not a PQ for that client.</li> <li>• Are asked with the energy of curiosity, wonder and non-attachment that holds the client as Naturally Creative, Resourceful and Whole.</li> <li>• Surprise the client; either the question or their answer!</li> <li>• Create greater possibility, new learning or clearer vision.</li> <li>• Are connected to evoking transformation in the client about what they are exploring, and forward the client's action and/or deepen their learning.</li> </ul>

Time	Activity	Notes
0:30-1:00 30 min.	<p><b>Skill Drill: Curiosity and Intuition</b></p> <p>Let's practice with these concepts!</p> <p><b>Option 1:</b></p> <p><b>Set Up:</b></p> <ul style="list-style-type: none"> <li>• CPL will talk about a situation in their life.</li> <li>• Participants will ask questions to CPL based on the approaches below.</li> <li>• Divide them into three groups and assign them each one approach. Each group embodies the Geography of each of these first.</li> <li>• CPL speaks, then they ask questions: <ul style="list-style-type: none"> <li>— Full of opinion/judgment/ideas/leading questions.</li> <li>— Surface or polite questions.</li> <li>— Trying to be a good coach, look good and get it right.</li> </ul> </li> </ul> <p><b>Debrief:</b></p> <ul style="list-style-type: none"> <li>• What is the energy like in these places? Which part of you do you access? How much access to your Intuition and Curiosity do you have?</li> </ul> <p>Next round, have everyone embody the geography of Curiosity and Intuition for the sake of deepening the client's learning of themselves or forwarding the action (may need to talk about the situation again).</p> <ul style="list-style-type: none"> <li>• What would you ask from Curiosity? Intuition?</li> </ul> <p><b>Debrief:</b></p> <ul style="list-style-type: none"> <li>• What is the energy like here? Which part of you is coaching now? How is your access to intuition different here?</li> </ul>	<ul style="list-style-type: none"> <li>• You have 30 minutes and several skill drills to choose from based on the needs of your Pod or your own Intuition!</li> </ul>

Time	Activity	Notes
	<p><b>Option 2:</b>  “Anything is Coachable” Coaching.</p> <p><b>Set Up:</b></p> <ul style="list-style-type: none"> <li>Choose a client and a coach. Or CPL is client. <ul style="list-style-type: none"> <li>Client: Have the client start the coaching with “I know the sun will come up tomorrow.”</li> <li>Coach: Be curious and open up to Intuition.</li> <li>Observers: Notice the impact of Curiosity and Intuition. If they were not present, what was the coach doing instead?</li> </ul> </li> </ul> <p>This coaching presumes that wherever you start will lead you to what is meaningful, where the client is at resonant choice and/or being with the emotional experience of life.</p> <p><b>Debrief:</b></p> <ul style="list-style-type: none"> <li>What do you notice about using Curiosity and Intuition?</li> </ul>	



Time	Activity	Notes
1:00-1:25 25 min.	<p><b>Practice Cornerstone Integration Skill Drill:</b></p> <ul style="list-style-type: none"> <li>CPL is client, and holds Inside Guide to make learning points and re-direct as needed (can use same topic from earlier).</li> <li>Choose four participants to practice: assign them each a Cornerstone. Have them embody the Cornerstone they are assigned, and look through the lens of Curiosity and Intuition.</li> <li>Each one practices the Contexts of Curiosity and Intuition in their Cornerstone for four minutes asking PQ's, Articulate What's Going On and naming their Intuition.</li> <li><i>Observers:</i> Move into each of the four Cornerstones while we move through them. In silence, notice what is distinct about Curiosity and Intuition in each of the four (or point observers somewhere else).</li> </ul> <p><b>Debrief:</b></p> <ul style="list-style-type: none"> <li>What is it like to access Curiosity and Intuition from the Cornerstones?</li> <li>How do the Cornerstones support you to hold these Contexts?</li> <li>How do you hold Curiosity and not make it an inquisition? What other skills can you bring in?</li> <li>How do the Cornerstones support you to keep your attention on the person rather than the circumstances?</li> <li>What is Curiosity? What is it not?</li> <li>What is Intuition? What is it not?</li> </ul>	<p><b>Cornerstones:</b></p> <ul style="list-style-type: none"> <li>People are Naturally Creative, Resourceful, and Whole.</li> <li>Dance in THIS moment.</li> <li>Focus on the Whole Person.</li> <li>Evoke Transformation.</li> </ul> <p><i>Optional:</i> Can also divide whole group into four groups instead of just one person.</p> <p><b>Key Learning Points:</b></p> <p>Curiosity IS:</p> <ul style="list-style-type: none"> <li>Way to explore.</li> <li>Way of being.</li> <li>About having client be curious about self.</li> <li>Antidote for Level 1.</li> </ul> <p>Curiosity IS NOT:</p> <ul style="list-style-type: none"> <li>Knowing, understanding, figuring out, problem solving.</li> </ul> <p>Intuition IS:</p> <ul style="list-style-type: none"> <li>The ability to understand something immediately, without the need for conscious reasoning.</li> <li>Expansive and inclusive, moves coaching forward in a new way.</li> </ul> <p>Intuition IS NOT:</p> <ul style="list-style-type: none"> <li>Linear and logical.</li> </ul>

Time	Activity	Notes
1:25-1:30 5 min.	<b>Wrap-Up and Closing</b> <ul style="list-style-type: none"> <li>• Today we explored Curiosity and Intuition, the last of the Contexts.</li> <li>• What are you taking away that you will use with your clients?</li> </ul>	



# The Contexts of Curiosity and Intuition Resources

## Glossary

### ***Curiosity***

In Co-Active® Coaching we start with the belief that clients are creative and resourceful, and they have the answers. That means that the coach's job is to be curious and ask questions. The questions coaches ask are provocative, open-ended, inviting. The questions invite clients to look in a certain direction but the invitation has no preconceived conclusion. These are not leading questions. And coaches are not at all attached to the answers they receive. If it is not a fruitful place to look, clients will know and say so, or the coach will see that it was a dead-end tunnel, and ask a different question.

Curiosity is a playful state, full of wonder. As in, "I wonder what you want?" "I wonder what your life would be like if you could design it to be any way you like?" "I wonder what you are deeply committed to?" "I wonder what's holding you back?" The spaciousness of curiosity is miles wide and open for exploration. Coach and client enter this space together to look around.

Curious is somehow less dangerous. Curiosity tends to lower the risk and eliminate the stifling quality of potential judgment. It is no big deal to look in a curious way. We're just being curious. And yet, curiosity is enormously powerful because it is so open to the client being surprised and finding the unexpected truth. It is child-like: look what I found! And it is exciting to look in a curious way.

### ***Intuition***

Intuiting is the process of accessing and trusting one's inner knowing. Intuition is direct knowing, unencumbered by our thinking mind. The process of intuiting is non-linear and non-rational. Sometimes, the information received through intuiting does not make rational sense to the coach. However, this information is usually quite valuable to the client. Intuiting involves taking risks and trusting your gut. The coach remains unattached to the accuracy of their intuition.

*"I have a hunch that..."*

*"I wonder if..."*

### ***Articulate What's Going On***

This skill involves telling the client what you see them doing; it may be what you're hearing with your Level 2 Listening, or you may speak what has not been said by the client based on your Level 3 Listening and awareness. Sometimes, it is powerful to simply repeat the client's words back to the client so they can really hear themselves.

*"Debbie, I know how much you want to change your relationship with your dad, yet I hear you are interacting with him the way you always have."*

*"It sounds like you're annoyed that your manager didn't consider your workload when she assigned you to this new project."  
"We're really stuck here in this coaching session."*

### ***Championing***

When you champion clients, you stand up for them when they doubt or question their abilities. Despite the client's self-doubt, the coach knows clearly who the client is and that he or she is capable of much more than the client thinks. CHAMPIONING IS OFTEN FUTURE FOCUSED. When the client is in the valley, the coach is on the next hill, waving a flag and saying, "Come on. You can make it."

### ***Powerful Questions***

A powerful question evokes clarity, action, discovery, insight or commitment. It creates greater possibility, new learning or clearer vision. Powerful questions are open-ended questions that do not elicit a yes or no response. Powerful questions are derived from holding the client's agenda and either forward the client's action or deepen their learning.

*"What do you want?"*

*"What's next?"*

*"How will you start?"*

*"What does that cost you?"*

*"What's important for you to remember?"*

