

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.