

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.