

(E)Motion Is Energy in Motion

The presence of emotion is one of the inherent qualities of process coaching. When clients talk freely about issues that are deeply important to them, it should come as no surprise that the conversation takes place in an atmosphere of emotion.

Coaches are sometimes alarmed or confused by this. They think that because the client is having emotion, the coaching relationship has turned into therapy. But emotions and therapy are not the same. Emotions are just emotions. When someone is passionate, even angry about a perceived injustice, it doesn't mean that he or she is mentally unstable. Instead, they are just human beings having a human reaction.

Emotions are part of the normal functioning of a human being, not symptoms of disease or weakness. The whole, healthy and resourceful client has full access to his or her emotions. It's the hiding, denying, submerging emotions that get clients in trouble.

From a very early age, most of us have been taught to suppress our emotions. We get messages like "Don't be a baby". "Be a big girl or boy."

As we grow older, we are taught that our emotions are inappropriate, messy and unprofessional. In his powerful book "The Four Agreements" author Miguel Ruiz states that we have been "domesticated" and separated from our own nature.

Unfortunately when we turn down the volume on our emotional experience, we also turn down the volume on our aliveness and authenticity as well.

Emotions, are energy and when our emotions are flowing freely they bring us tremendous energy and provide the fuel for us to transform and grow.

However when we are not willing or able to allow our (e) motion to flow freely, that energy can get stuck in our bodies and can create all kinds of physical issues and disease.

Sometimes we are afraid to let our emotions flow freely. We are concerned that we will become overwhelmed and our emotions will take over and run the show.

Actually it is what we CAN'T be with that runs our lives. When we try to push emotions away, they can feel overwhelming or even dangerous.

However as we learn to be present and experience whatever we are feeling, the energy of the emotions moves naturally and becomes a resource that we can harness to create powerful, positive change in our lives.

Being present with what one is feeling can take time. As coaches, we need to support the client in slowing down and begin present with what they are feeling rather than dashing off to the next thing. This is the case in both the lighter emotions such as joy and celebration and the heavier ones, such as anger and grief. When a client has fully experienced what they are feeling, a natural shift will occur and there will be new energy for forward motion. This process can take a moment, a day or a year. However long the process, it is important that the coach remain committed and present throughout.