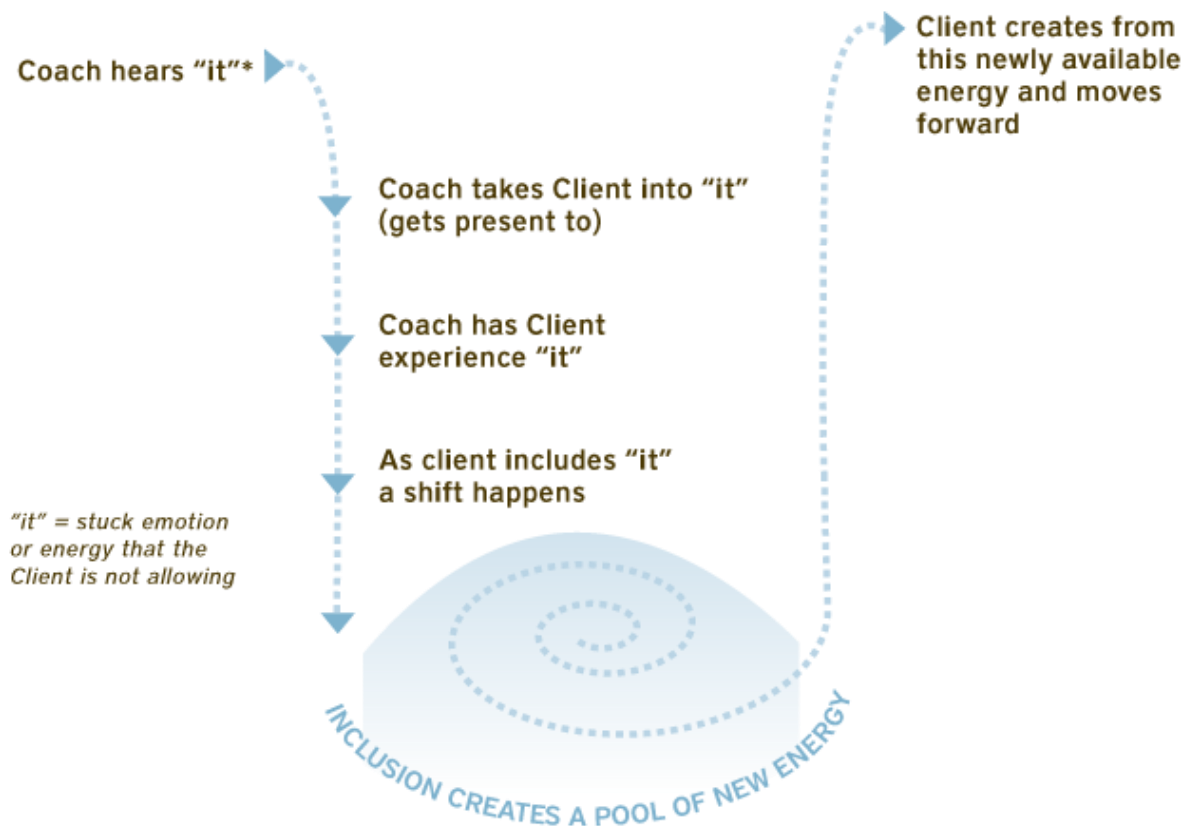


## Process Coaching Overview

### The Co-Active® Energy Pattern



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 him or herself into the world.