

READING #09: COACH THE WHOLE PERSON, NOT THE TOPIC

Clients often come to a coaching relationship wanting to make a change or reach a goal. Many things arise in a client's daily life: details, celebrations and challenges, logistics, relationships, Saboteur voices, other circumstances. Often these topics form the initial reasons a client comes to coaching. And clients also want to grow as people, evolving to a fuller expression of self.

A Co-Active® Coach is committed to coaching the client in their evolution as a human being. This is the bigger context in which the client is living their life.

A Co-Active® Coach's presence, and everything that the coach does in a coaching relationship is consciously in service of the client's transformation. It is the Co-Active® Coach's responsibility to have the client see and experience their own magnificence and to create a container for the relationship that calls forth the client's very best self. The coach calls forth what the client deeply knows about themselves, yet does not always remember or see clearly. The coach is always holding the Cornerstone of evoking transformation, keeping it front and center in the coaching relationship, and reminding the client of who they truly are when the client forgets.

The Cornerstone of evoking transformation calls the coach's attention to the authentic naturally creative, resourceful and whole person that inevitably lies beneath struggles and challenges. With transformation as the backdrop of the coaching relationship, the client can see how their circumstances fit into the bigger picture of their life. Also, they can identify a resonant choice that moves them forward – beyond solving the issue or problem or addressing their circumstances. The circumstances become an expression of the client's full resonance and offer an access point for the client to learn more about themselves and their journey.

Beyond cultural differences, beyond each situation, no matter how big or important, there is a thread of the client becoming more of the fully magnificent human being they are meant to be. It is this thread that the coach holds in the Co-Active® Coaching relationship.

The impact of this is that the coach insures that the client does not forget who they really are, and when the client does forget, the coach is there to remind the client that they have stumbled off their path. The client then can choose to return to their path, experiencing deeper learning about who they are and how they operate in the process.

As human beings, we so often interact with the limited parts of ourselves and others, and we make space as we can for our naturally creative, resourceful and whole selves. Often our clients will show up in this way, being run by their small or Saboteur-driven voices. By holding the client naturally creative resourceful and whole, and holding the agenda of transformative change, the coach can point the client back to who they truly are. At the same time, the coach helps the client notice and include those Saboteur voices, so that rather than something to vanquish or avoid, these voices are simply present, and not in need of attention.

By doing this within a coaching relationship, client and coach can create a resonant map for the client that helps clarify the decisions needing to be made, and the actions needing to be taken, all in a larger context than the circumstance of the moment.

It is the coach's role to evoke transformation in the client, even when the client is scared. The coach keeps seeing the client as the magnificent person they are, as the full expression of their true self, best self, divine self, yet also has the space to compassionately include and embrace the parts of the client that are not the client's best self. This way, the client is consciously creating their life according to their own unique dreams, vision, purpose, heart, desire. The coach must be able to deeply see and fully appreciate the client in all of their brilliance and their mess. This



creates the safe and courageous space for the client to risk growth and change.

Then it is straightforward for the coach to naturally let go of problem solving, because they see that their job is to be a champion for the client's continuing development toward their most magnificent self.

By coaching the client from the stance of the four Cornerstones, the coach insists that the client be present with the part of themselves that is growing, striving, learning, reaching for what's next. The irony is that there is no place to reach, no place where it is complete — this is a lifelong journey, a lifelong process of discovery, learning and love.