

Being With — In This Moment

It's an odd phrase, "being with." Maybe the easiest way to relate to this is the familiar sense of being with friends. Another situation that comes to mind is being with someone who is in the hospital. There's nothing to do there — at least no expertise that you bring to their healing, but it is important that you are with that person. You're not just passively sitting in the room; you're actively engaged even if there are no words. In the language of listening that we use in Co-Active® Coaching, it is about listening at Level 2, connected to the person, and at Level 3, as aware as you can be of the surrounding space of connection and everything that's in it, a sensitivity to the person and where they are. "Being in action" implies moving forward, having things to do, focusing on options. "Being with" implies exploring the territory, moving deeper into the experience. Whatever shows up is perfect. Nothing has to change in this moment. As coach, that means being enormously curious about whatever is here, and whatever is true right now, and helping the client experience that more and more deeply, rather than running from it or resisting it.