

Aligning Your Inner Coach

By Angus McLeod, PhD

Lynne Kerry of Vievolve facilitated, as always, an excellent programme to extend thinking around the mindset of the coach. We had a full house and set off quickly by exploring the limiting beliefs that coaches can have about their clients and their client's capacity for growth and change. Lynne says that she aims to "unleash potential by opening up beliefs about my (own) and my client's potential".

We explored some of the thinking that we thought might limit growth and change including fear, lack of self-belief, cultural norms and lack of adequate vision.

Having looked at some of the limiting beliefs that some coaches have we walked through the Logical Levels (Bateson/Dilts) with a new mindset to explore how this manifests at the lower levels and to check out alignment.

When the group last met, we ran a session on 'The Power of Silence' with exercises to reveal the amazing impact that coaching has without verbal interventions (to appear in a later article). It was especially nice therefore that Lynne chose to run David Shepherd's 'Silent Rapport' exercise. In this, the coach takes five minutes or so to give good attention to their coachee. If at any time the coachee senses a lack of good attention, they make a hand movement. The results are always interesting with coaches and coachees often surprised by the very fine sensory acuity that both parties can bring to the coaching arena. With a good buffet supper and lots of opportunity for meeting old and new friends, the evening was another successful event.

The structure of meetings is to have a visiting guest who will provide some input to coaching which may or may not be NLP. We also like to include practical work and fun learning which can be facilitated by the guest or the organisers. If you are interested to join the group (for free) and/or interested to facilitate, then do please contact Steve Breibart or Angus McLeod as below. We are Not-for-Profit and charge a basic rate for all our events.