



Deepen Your Coaching Through Mentoring

Philosophy Statement

We believe...

- **Mentoring** offers more possibilities for more effective coaching.
- Coaching **Presence** is the key to effective coaching.
- Creating a **New Awareness** is the overarching goal of coaching
- The **Observer** we are being is constituted by 5 domains: Body, Emotions, Cognition (Language), Energy, and Intuition.
- Observing the **Whole Person**, Body, Emotions, Cognition (Language), Energy, and Intuition allows new possibilities to come forth from the client.
- **Deep and Lasting Change** occurs when the Observer, the whole person... in all 5 domains is transformed.
- Coaching interactions can begin with any of the **5 domains**
 - What **sensations** are within the body that provide clues for choice?
 - What **emotions** are being experienced that move a client into action (or not)?
 - How does the **story** shift as the **body** shifts?
 - What does the **Intuition** of the client know about a true desire to change something & how does the coach's **intuition** support curiosity for what is not being said ?
 - How is the **Energy** shifting?
- Effective coaching uses the **ICF Competencies and Markers** as standards.