



Coach Deep On-Demand Mentoring Program

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 principles: Body, Emotions, Cognition (Language), Energy, and Spirit.
- Observing the **Whole Person**, Body, Emotions, Cognition (Language), Energy, and Spirit creates new possibilities.
- **Deep and Lasting Change** occurs when the Observer, the whole person... using all 5 principles is transformed.
- Coaching interactions can begin with any of the **5 principles**:
 - What **sensations** are within the body?
 - What **emotions** are being experienced?
 - How does the **story** shift as the **body** shifts?
 - What does the **Spirit** desire?
 - How is the **Energy** shifting?
- Coaching with the body, **Somatics**, is a key to long lasting change.
- Effective coaching uses the **ICF Competencies and Markers** as standards.

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