



## SHARING LEARNING

### WBECs pre-summit sessions June 2021

WBECs Mission: To raise the global standard of coaching across the world, bring together to top thought leaders in coaching worldwide.

#### WEEK 2: Marcia Reynolds

*"Taking your coaching from proficient to profound."*

What is coaching mastery? There is no definitive answer. It is more about energy exchange, how you interact with your client.

Who am I in this relationship? What people need is not a brilliant mind, but to speak to a patient heart that listens. A coach is a blend of skills and emotions, you need emotional regulation.

As a coach you disrupt the beliefs, assumptions and patterns of thinking that control the coachees unconscious decisions and actions. Coaching transforms thinking giving clarity about the possible paths forward even in uncertain times. They can step into the unknown with more confidence. It is not about focussing on what they can do to achieve a goal but to transform their thinking so that they know what to do next. It's a safe space where they can be truly themselves.

"When the fog of fear and doubt clear, the path appears beckoning the first step."

#### What blocks connections?

1. Needing to make a difference now
2. Knowing where the conversation should go.
3. Getting lost in their story.
4. Thinking you must stand in their shoes.
5. Wanting your skills to be acknowledged or at least appreciated.
6. Cling to being the expert, leader, mentor and problem solver.
7. Believing that there must be a happy ending.

"The battle in the brain that occurs before the realisation come to life can be scary, confusing or uncomfortable." Receive, don't just listen:

R- Receive with no judgement

A- Appreciate their experience

R- Reflect what you notice

E- Explore how their expression relates to their desired outcomes

Jan: 12<sup>th</sup> June 2021