

ED 7830 – Coaching for High Performance

U05A2 Project 2 – Create Description and Plan

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Type of Coaching Session

The coaching session will be an intake session with a potentially new client seeking coaching support in living differently and preparing for upcoming career developments. The client, Joy, desires coaching around thought processes in regard to relationships and career as well as support in navigating through internal and external pressures.

Potential Topic to Discuss in Coaching Session

The topic of focus will be on transitioning in career as well as coping with being single. There are internal struggles associated with thought patterns Joy wants to address as well as external challenges in areas of career development. The client seeks support in nurturing more personal satisfaction as well as fostering better quality of life as she navigates through early adulthood. The challenge will be to focus her on one topic as she has expressed several topic choices to be coached around. Perhaps there will be overlap and integration amongst the topics, but the purpose of the session might serve to single out a particular topic for future coaching focus. As the session approaches, we will be communicating about narrowing the topic and refining the focus.

Technology Approach

Due to the fact of proximity, with the client living in New York and the coach living in California, the session will be held via teleconferencing and submitted via audiotape. Logistical concerns

surround the session being recorded in areas of technology as well as issues of comfort level for the client.

Relationship to Individual Being Coached

The coaching client relationship is a friendship/mentorship established over the last 2 years, initiated by Joy when she requested mentoring after the death of her mother. Her initial grief was addressed with the help of a therapist, however, after two years of counseling, she struggled in moving forward in certain areas and asked me for support in areas of career development and relational shifting. During the course of our relationship, I transitioned into the profession of life coaching and she has requested establishing a professional coaching relationship with me. This assignment offers the opportunity to begin establishing a professional coaching relationship as she hopes to be coached around career development as well as relationship goals.

Evidence of Individual's Desire to Be Coached

As I transitioned into the field of life coaching, the potential client was exposed to the concept of coaching and expressed a desire to receive coaching as she recognized the benefits it offered differing from counseling. Joy wanted to nurture a lifestyle of balance and peace of mind as she responded to emerging transitions and critical decision-making. It is the desire for a higher quality of life as she copes with change that is causing Joy to seek out a coaching relationship.

Coaching Concepts and Materials to Use in Session

Core value seems to be a possible consideration for the coaching relationship. Concepts from Cashman address core values with powerful questions such as:

1. What has your life taught you about what is precious and valuable?
2. What have the traumas and losses in your life taught you about what is most important?
3. What have the privileges of your life taught you about what is of value?
4. What is worth risking your life for? (Cashman, 2008, p. 67)

Perhaps these questions will serve as a contextual foundation to explore significant factors influencing peace of mind and balanced living as well as help the client focus on the core issues that allow us to still the chatter in our minds and tame the unceasing gremlin (Carson, 2003).

Additionally, utilizing the skill of Level III listening will help me listen to the core concerns of the client as well as empower Joy to identify what she knows to be true about herself. Experiencing Level III listening within the course exercise significantly influenced my personal paradigm regarding coaching sessions. Serving as a coach practicing Level III listening enabled me to access inner intuition and ask the necessary powerful questions to the client. This in turn empowered the client to access his internal intuition and address the fears that had plagued him in a solution-oriented approach (Whitworth, et al, 2007, p. 47). My hope is to offer this skill to Joy during our coaching session, and be fully present to the needs of the client as personal intuition serves as a guide.

Lastly, the skill of intruding will be a valuable skill to implement within the coaching session (Whitworth, et al, 2007, p. 66). Joy is a verbal processor and has the ability to 'web think' causing several topics to surface as well as many connections to be established. It will be critical to recognize when to intrude and guide the conversation to powerful questions that

address the topic and empower the client to move forward.

Structure of Session

To best prepare for the session, I will continue to converse with Joy and refine her coaching topic as her coaching appointment is set for late next week. Additionally, I will compose powerful questions that address core identity as well as allow her to hear her own voice access her intuition and confront her gremlin. The session will last for 45 minutes with a closure question asking Joy what was significant about the time together. I hope to provide opportunities for affirmations of intuitive sensing as Joy faces the desire to move forward in significant areas connected with quality of life. Ultimately, the goal of the session is to provide a structure that affirms what Carson (2003) describes as the 'natural you' within the context of the coaching relationship; moreover, he discusses how "intimacy requires the ability to share the *natural you* with another and to experience his or her *natural self* (p. 81). Presenting the opportunity for Joy's natural self to emerge is the core focus that guides the intuitive inquiry structure for this coaching session, as living a life of authenticity requires that we invite the engagement of others with our natural self.

References

Carson, R. (2003). *Taming your gremlin: A surprisingly simple method for getting out of your own way*. (Revised edition). New York: Quill.

Cashman, K. (2008). *Leadership from the inside out* (2nd ed). San Francisco: Berrett-Koehler.

Whitworth, L., Kimesey-House, K., Kimsey-House, H., and Sandahl, P. (2007). *Co-Active coaching* (2nd ed.). Boston, MA: Davies-Black an imprint of Nicholas Brealey Publishing.