

QUANTUM COACHING

Initiating? What comes up when you start, when you don't know what's going on? (The beginning) focal point.

Intervention is a deliberate action taken towards another person or situation.

When you're living what you're communicating it becomes pure play.

Collaboration is the key to the coaching process. (Loop of Awareness)

If you are trying to be perfect, the process experience will become difficult.

Assessments, such as the ones in Quantum Coaching, are about giving specific information so they know where to look (locating).

What attitudes cover defensiveness?

- Entitlement (entitle is an active verb) Many will look at this as I deserve or I expect.
- It's happening to me. (going victim)

One defense is the observer... I'm above it all. Another is...I'm having the wrong experience.

Defense list allows you to include your defenses in your experience verses managing your defense.

Purpose of defense scale is to locate your self.

MEET THE PERSON WHERE THEY ARE. WHAT IS THEIR EXPERIENCE?

Differentiate between responsibility and wonder.

Explore "Open to Learning Scale" as an activity. Take an issue from bottom half... explore with sound and movement/wonder move. Discovering natural essence pace may work well with upper half.

Resonating ~ having your words match your feelings, having your feelings match your body, having your body match your experience. Voice, movement and expression with what's inside.

We can't own our essence in our defenses, they don't vibrate. (Lynette)

Demonstrating Breath Work

- Give example of **how-not-to** (posture) Have them do it more to get a sense of what it's producing.

- Take a baseline energy reading. Check in.
- Move up on the edge of your chair... sitting on hands resting under your sitzbones. Sitzbones is your base. Have them move back in their chairs, noticing if they have more or less ease. Do it for a little while, then pause and check in. Chunk!
- Role back and forth on sitzbones keeping your quads (quadriceps) soft. Yes Breath is meant to be done in you comfort zone. What is your learning edge? Is this friendly? Let your rolling forward, draw in your breath, while letting your rolling back, push your breath out. *You may have an individual put one hand on their chest and one on their belly noticing how their hands get further away and closer to.*

All feelings come out of the same faucet. When you shut down your sexual feelings you also shut down your sadness, joy...

Yes Breath Key Phrases

- Rolling gently over sitzbones
- Forward toward pubic bone, back toward tailbone
- Let your arching draw your in-breath, the rounding expel your out-breath
- Stay in your comfort zone

Yes Breath is designed to use with natural filter of the nose.

When someone is resistant to moving their belly try placing a book on their belly (while on their back). Resistance will go to book and not the facilitator.

LAT MEETING

With intention that everything I do is of service you eliminate fussing about what's appropriate.

Book ~ *The Tipping Point* by Gladwell (How little things make a big difference)

Book ~ *Zen Flesh, Zen Bones*, operational Buddhism

QC continued...

COACHING PRINCIPLES

~ Exaggerate first, what is happening.

Have them do more of what they are already doing.

Then go to the other end of the pendulum, swing the pendulum.

~ Baseline check-in. Create a baseline, then check in periodically.

You might have them assess, "How stressed are you on a scale of 1-10?" Then check in later to have them assess their own pain.

~ Chunking, the art of tiny bites. Chunking allows you to see if your information has been received. It allows you to take a breath.

Give enough information that one could access in one breath.

~ Con-ex-con... concept / example / concept

Example could be from...

Research

Personal experience

Stories

Images

Circulate through your range of senses while giving an example.

Sensory range

Use what is happening

Props

Metaphor

Movies, fairy tales, myths

Demonstration

News and events

You will be effective as a coach depending on how well you can direct (circle) your attention.

Often when you are stuck you will have created a glitch on one end of a continuum. Come back to loop of awareness. Loop of awareness creates collaboration and allows you to expand your capacity to expand and include.

What's happening here?

When facilitating, if you feel tired and exhausted with story, you may have brought your attention out and not brought it back in to you. Practice loop of awareness.

A facilitator follows.

Get permission before calling flags. Flags are part of the process. You may practice conscious listening and summarizing.

About withholding in a relationship...

How many things about your partner have you discussed with another person that you haven't discussed with your partner? In a healthy relationship the answer is 0.

What gets in the way of you being an effective coach?

Suppose this issue was resolved, what would you be doing with all the energy you've been expending on this issue?

If you don't come up with a better idea your default pattern will kick in.

How do you know when to move into choosing in F.A.C.T.?

Responsibility is not about asking you to take responsibility for what's already happened. Responsibility starts when you take it. How do you keep the issue going?

Shift usually happens after 3 connected breaths.

ACTIVITY with Yes Breath...

Do basic and advanced Yes Breath while in physical contact with a partner.

Could possibly involve entire group in activity where you interact with other groups as long as there are never less than two connecting at all times.

Example: One team of two could join another team. One could then choose to leave tagging in with a different team leaving three behind. There would be no maximum limit to a team, but a minimum of two persons. (Alan)

GENIUS with Gay

Creating from genius rather than survival (Rob)

Years ago it was thought of that genius was a guardian spirit that came with you at birth.

Why we don't express our genius...

- Fear that if we bring forth our sacred source and it is rejected it would be devastating.
- Fear of failure.
- Many will have the fear that if they choose their excellence and genius, they would have to give up all the things (competence and incompetence) that make them successful. Notice this thinking can be addictive.

EXPLORATION: Write down what it is you love, that you would do even if you didn't get paid for it.

Genius is fun, but most of us are not programmed to demand fun in our lives.

Note: Look at Leonardo DaVinci's notebook.

What would you be willing to let go of?

What would you be willing to do, to experience your genius?

I'm in a private practice and the universe is my client. (Gay)

The universe is my playground. (Sylvia)

In your genius, be able to want it when you want it. Have it available at all times.

Nobody said genius had to be smart. Sometimes it is overused. It has to be modulated by intention.

.Moving from the familiar to the unthinkable in a friendly way that is fun. Hmm.

“Life Coaching” is a learning model; therefore there are no mistakes.

“I know and you don’t” is a disease model. We are going to get rid of it or mandate it. Anytime you’ve slipped into the powerless, you’ve slipped into the traditional model. The traditional model eats people up.

Challenge your vocabulary and get more descriptive. We often use our hands while describing when we run out of our descriptive vocabulary. Ask how, how will illuminate the descriptors.

Being a teacher is modeling how to be a student.

Several drifts that dig in eventually become defenses.

While facilitating focus on context rather than content.

Shifting your attention... The more you go around the words while facilitating the more effective you will be. The more you focus on rules the less effective you will be.

GENIUS W/Gay

Early on in Australia it was a convict country. They would send convicts there in chains. Don’t stick your head up or it will get shot off. Thus came the “Tall Poppyseed Syndrome”.

Fire yourself from your incompetence.

Competence and incompetence fall into the *have to* and *should*... intergenerational addiction that stifles our creativity.

Michael Angelo said about his statue David, I looked at the block and saw the David, then cut away everything that wasn’t.

What is my genius and how can I bring it forth so it really serves me and everyone else I come in contact with?

Loop of awareness is the quickest way to renewal.

Attention is like water and air, we’ve got to have it.

Increased energy is often followed by vibration.

With stress do 3 connected breaths and change your position.

Doing Yes Breath with smoker can drive the addiction deeper into their body. Have them deal with addiction first. Then after two weeks have them come back and work with fall out.

Smoking is a denial of feeling, smoking numbs.

Presencing ~ Becoming present to my current experience.

With Genius fears the belief is, it's safer to be mediocre than risk annihilation.

Obsession is rooted in fear. Genius is rooted in space.

Addiction to excellence can be a trap to keep from moving into Genius because it gets so rewarded by others.

Laziness is a sacred wholly skill that must be nurtured. (Gay)

Elevate (perfect) or delegate or drop it in your incompetence zone.

Genius

Pick 4-5 things you want to put your energy into.

What are your arenas?

I express my Genius in the arena of _____. (I.e. music, relationship...)

5-11% of the herd always goes off by itself. Stop giving yourself such a hard time with it.

Revised 1/11 Hendricks Institute