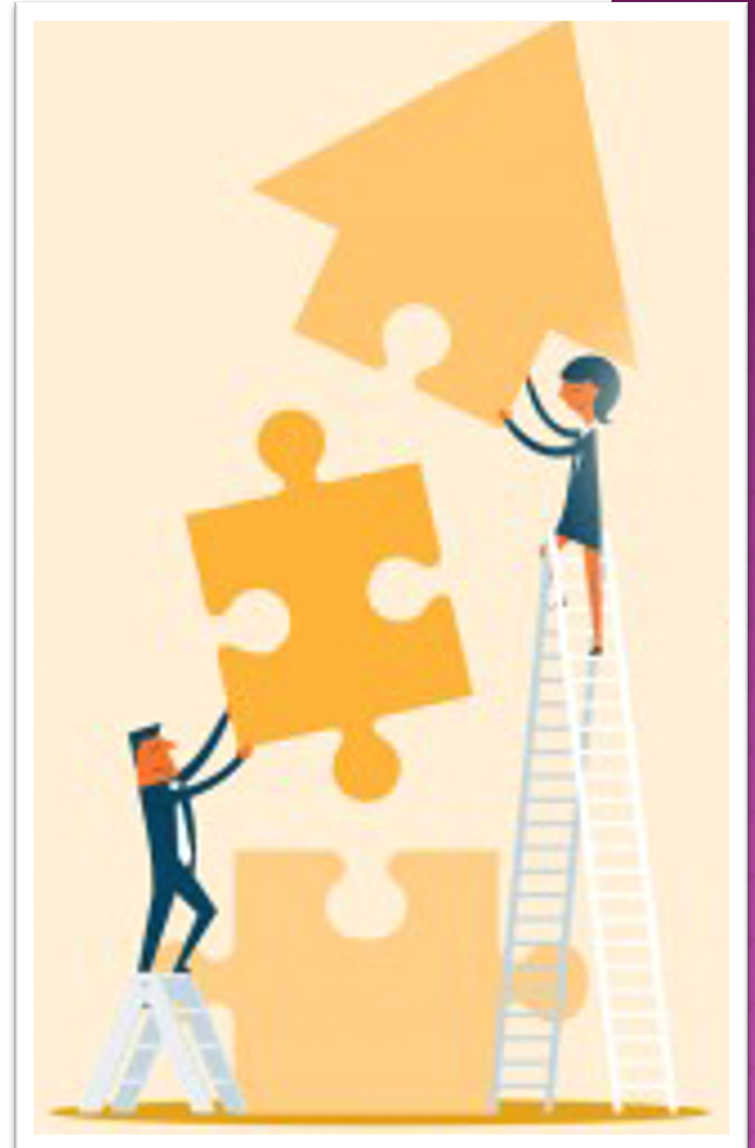


THE COACHING ARENA

The Coaching Arena creates a powerful space for your coaching experience, and your life! This Arena is created by agreements we make, about how we will each “be” in any given interaction.

The Arena creates an environment where you are empowered to be your authentic self and accomplish extraordinary results.

The Coaching Arena is created each time we ask and answer these four questions:



THE QUESTIONS

- 1. These are the qualities I am willing to demonstrate to produce an extraordinary result out of our session together. I am willing to be: (pick 5 qualities)**
- 2. Am I willing to set aside the opinions, beliefs, and thoughts that may be getting in the way of seeing clearly? Yes**
- 3. Am I willing to be open-minded and fully engaged in order to receive maximum benefit from this time together? Yes**
- 4. Coaching results in action. Am I willing to see, and commit to taking, authentic action? Yes**

Alert
Appreciative
Attentive
Clear
Compassionate
Courageous
Creative
Empowering
Enthusiastic
Flexible
Focused
Generous
Gentle
Grateful
Joyous
Kind
Loving
Open
Present
Receptive
Supportive
Truthful
Vulnerable

THE QUALITIES OF BEING

Where did the Qualities of Being come from?

The choice of these words comes from a pragmatic search over the past 25 years by Dr. Maria Nemeth. They are chosen for the effect they create. In working with over 8,000 people, she discovered certain qualities consistently evoked spaciousness, contribution, compassion and generosity of spirit. The qualities we use give space for action.



CREATIVE

So far in our Qualities of Being series, we've covered
Clear, Focused, Supportive, Open, Vulnerable,
Flexible, Grateful, Present, Courageous, Compassionate,
Generous, Enthusiastic, Empowering, Alert, Truthful,
Appreciative and Attentive.

**Today we continue with the qualities of
CREATIVE and RECEPTIVE.**

I am willing to be CREATIVE.

What does that mean for you?

What is the energy of to be CREATIVE?

CREATIVE

Definition:

relating to or involving the imagination or original ideas, especially in the production of an artistic work;

having the quality or power of creating;
resulting from originality of thought, expression,
etc.; imaginative; creative writing;
originative; productive.

CREATIVE

From *Mastering Life's Energies*

by Maria Nemeth

“Everyone has creative genius. We all have gifts, talents that get unleashed when we’re involved in our games worth playing... the particular way we play those games.

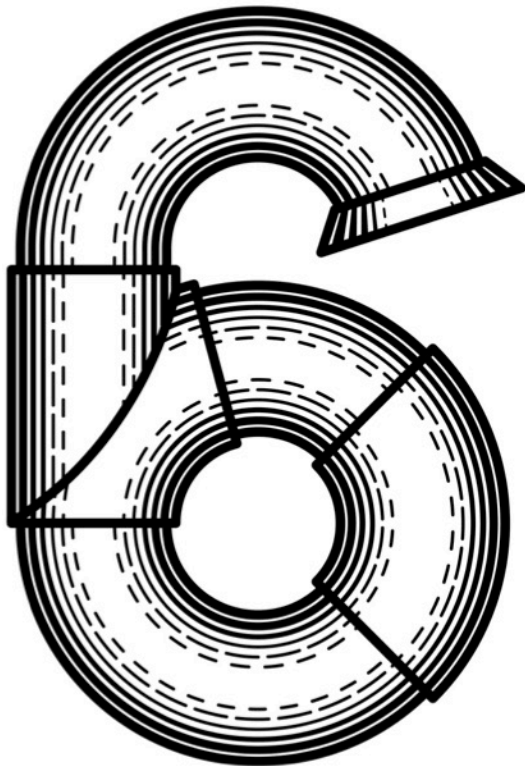
Over the years, I’ve found we often undervalue our creative abilities because they come so easily to us. We don’t realize we are being creative.

For example, has anyone ever acknowledged you for something that you do well... and the first thing you hear yourself saying is, ‘It’s nothing’?

It’s time to put this to rest.
You are resourceful and ingenious.”

CREATIVE

We shape energy so that we can use it to fuel our dreams and vision.
In Western culture, we use six forms of energy:



1. Money
2. Time
3. Physical Vitality
4. **Creativity**
5. Enjoyment
6. Relationship

CREATIVE

CONSCIOUS

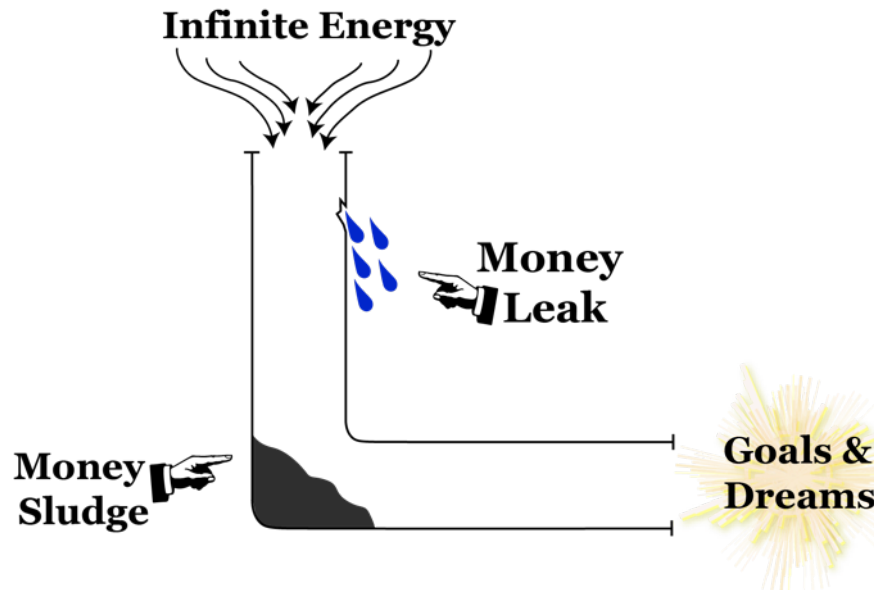
Spending
Investing
Vitality Partnering with the body
Contributing our unique gifts
Savoring, appreciating
Supporting

FORM

Money:
Time:
Physical:
Creativity:
Enjoyment:
Relationship:

UNCONSCIOUS

Leaking
Wasting
Ignoring the body's needs
Being cunning or clever
Consuming
Manipulating



CREATIVE

How Creative Are You?

Ask yourself:

1. What are three things you do well?
2. Think of something someone complimented you on in the past (you might have made light of it). What was it?
3. What are two of your talents and skills?
4. Think of a time when you had an idea... when you imagined something... and brought it into physical reality. How did you do it? What forms of energy did you use to create your goal?
5. Think of a goal that you're currently playing towards. How can you use the energy of creativity to support that goal?

RECEPTIVE

I am willing to be RECEPTIVE.

Definition:

Willing to consider or accept new suggestions and ideas; open-minded; open to new ideas and suggestions; responsive; able or willing to receive something, especially signals or stimuli.

RECEPTIVE

Coach Michelle Brennan observes:

What does it mean to be in a receptive mindset? It means that we are willing to put aside our ego-controlled thoughts in exchange for a softer, more allowing attitude. Willing to be open-minded and accepting of input from other sources. Willing to acknowledge that we don't have all the answers and we could benefit from additional information or insights. Willing to change our perceptions to see things differently than we have habitually been seeing them. Willing to allow others to assist or support us in meaningful ways.

Being open to receive, as a receptive mindset implies, does not mean that we give up our right to decide what is best for us. It does not mean that we have lost our freedom to think things through or to have the final say in how we move forward. It simply means that we are willing to be open to new possibilities.

It shifts us into allowing intuitive information to flow to us from a broader perspective... one that has a vision of our lives that is more expansive and engaging than we are currently experiencing. A vision that is in alignment with our inner wisdom and our purpose for being here. A vision that encourages us to be what we are inspired to be at our core.

RECEPTIVE

According to the I Ching, Receptive Power is...

Opening yourself to receive...Be patient, and take your time. Draw strength from mindfulness, and you will be doubly fortunate. Focus more on feeling than on action. Be broad and deep in your attitude so that you accept everything that comes with grace and equanimity. Be receptive and spacious like the ocean; let the river of changes flow to you...

Strive for a natural responsiveness that is based on inner strength rather than outer show. You will be able to go further by letting go of control rather than forging ahead under your own steam. Receptive power arises through alignment with creative power, not in opposition to it.

RECEPTIVE

So what does that look like for you?

What are you willing to receive?

Inspiration

Support

New ways of being and doing

What else...?

QUESTIONS?

