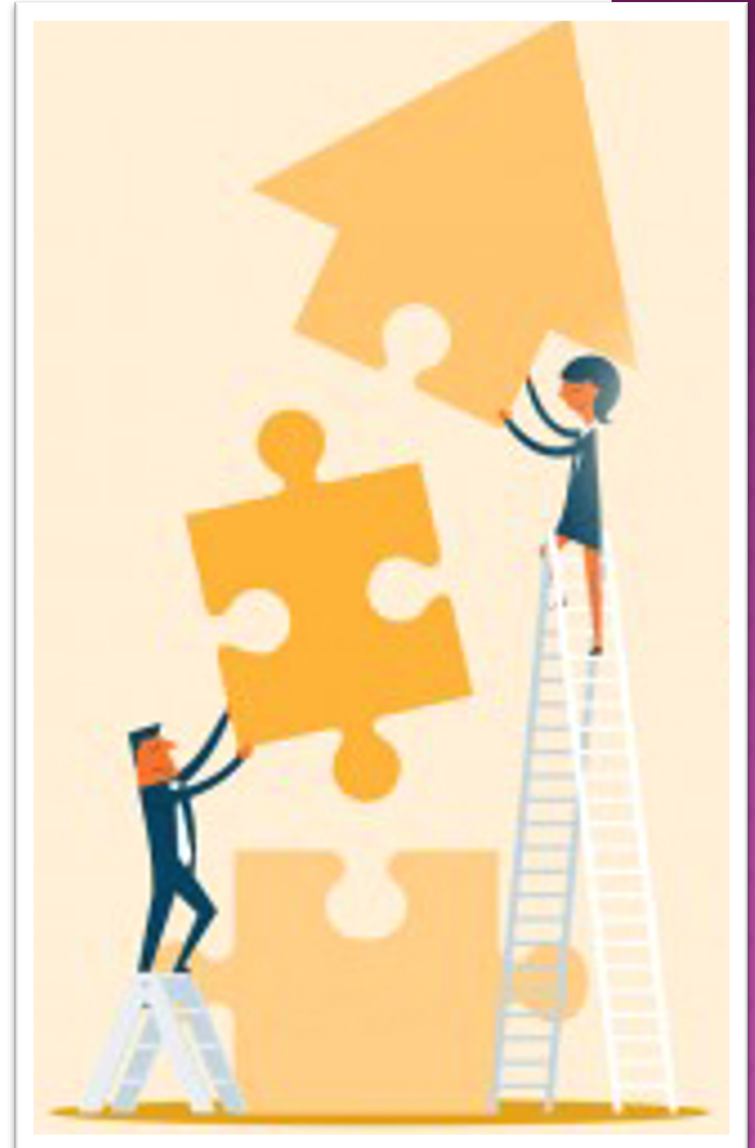


# THE COACHING ARENA

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.



# JOYOUS

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, Attentive, Creative and Receptive.

**Today we continue with the qualities of  
JOYOUS and LOVING.**

**I am willing to be JOYOUS.**

What does that mean for you?

What is the energy of to be JOYOUS?

# JOYOUS

## Definition:

feeling, causing, or showing great happiness;  
Joyful, happy, jubilant

What's the difference between joyful and joyous?

**“Joyful”** is often used to describe a person's feelings of joy or state of happiness.

**“Joyous,”** on the other hand, is best suited when describing events, things, times, and places.

# JOYOUS

From Gretchen Rubin, author of “The Happiness Project”:

One of my resolutions is to “Give positive reviews.” I want to show enthusiasm, delight, and a readiness to be pleased – to lay aside my desire to criticize and to indulge in puncturing humor, sarcasm, ironic asides, cynical comments, or cutting remarks.

It’s harder than it sounds.

A prayer attributed to St. Augustine of Hippo includes the line, *Shield your joyous ones*:

*Tend your sick ones, O Lord Jesus Christ;  
rest your weary ones; bless your dying ones;  
soothe your suffering ones; pity your afflicted ones;  
shield your joyous ones.  
And all for your love’s sake.*

At first, it struck me as odd that among prayers for the “dying” and “suffering” is a prayer for the “joyous.” Why worry about the joyous ones?

# JOYOUS

Once I started trying to give positive reviews, for the first time, I began to appreciate the people I knew who are joyous. I understood how much effort it takes to be consistently good-tempered and positive.

For example, I remember that one day when we were visiting Kansas City, my father came home from work and my mother told him, “We’re having pizza for dinner.” As she knew he would, my father answered, “Wonderful! Wonderful! Do you want me to go pick it up?”

We all knew that my father would have answered that way even if he didn’t want pizza for dinner, and even if the last thing he felt like doing was heading back out the door. And that kind of consistent enthusiasm contributes a lot to everyone’s happiness.

We non-joyous types suck energy and cheer from the joyous ones. We rely on them to buoy us with their good spirit and to cushion our agitation and anxiety.



# JOYOUS

At the same time, because of a dark element in human nature, we're sometimes provoked to try to shake the joyous ones out of their fog of illusion—to make them see that the play was actually stupid, the money was wasted, the meeting was pointless. Instead of shielding their joy, we blast it. Why is this? I have no idea. But that impulse is there.

In his outstanding biography, *Samuel Johnson*, W. Jackson Bate describes how upset the moody, temperamental Samuel Johnson became when his joyous, enthusiastic supporter, Hester Thrale, turned her attention away from him.

*It is a common mistake on the part of cooler, self-contained natures to assume that those who have a giving and ebullient character are what they are only because they cannot help it—that they are fed from a spring that will never stop rather than a reservoir that can be exhausted. Hence the feeling of stark disbelief or unpleasant shock on the part of others when the reservoir of effort and energy—for it turns out to be a reservoir—is almost gone....the principal reward for those who give lavishly rather than meagerly is the expectation that they remain true to form and continue to give.*



# JOYOUS

“We depend on the joyous ones, and we need to remember that their joy isn’t inexhaustible or unconquerable. Now I’m making a real effort to use my own good cheer to support and protect the enthusiasts I know.

Shield your joyous ones.”



*What are you noticing?*

*Are you a joyous one?  
Are you willing to be?*

*When was the last time  
you felt true joy?*

# LOVING

**I am willing to be LOVING.**

**Definition:**

Feeling or showing love or great care;  
feeling or showing love; warmly  
affectionate; fond; an expression of love;  
affectionate and caring

***What comes up for you when you say  
“I am willing to be loving?”***

# LOVING

According to Lisa Firestone, PhD. “Too often, we think of love as an almost passive state of being, as opposed to a conscious choice we make.”

In other words, to be loving is to be *love in action*... love as a verb.

So much has been written and sung about love...

From the traditional favorites, such as 1<sup>st</sup> Corinthians 13, the sonnets of poets throughout the ages, the passionate Song of Solomon, and thousands of co-dependent love songs, love is a consistent and often dramatic theme in both our spiritual and secular worlds.

We’re taught that love should be patient and kind, and long suffering, and passionate (depending on the object of your affections), and selfless.

There are books about love, dissertations about love, movies and plays about love... and yet after millennia of trying to understand and find love, we still struggle to live love.

# LOVING

Because sometimes love doesn't look like what we think it should...

Sometimes love is patient, and sometimes love loses its patience.

Sometimes love says yes, and sometimes love says no.

Sometimes love holds on, and sometimes love lets go...

Sometimes love wears a mask. Sometimes love is a hug, and sometimes love is staying 6 feet apart. Sometimes love is not getting together with our friends and families this Christmas.

Real love, real human love, isn't a theory. Sometimes real love feels great, and sometimes real love hurts. And yet when we allow it to, real love has an incredible capacity to transform our lives.

# LOVING

How has love transformed you?

What are you willing  
to do this very  
different  
holiday season  
to live love?



# QUESTIONS?

