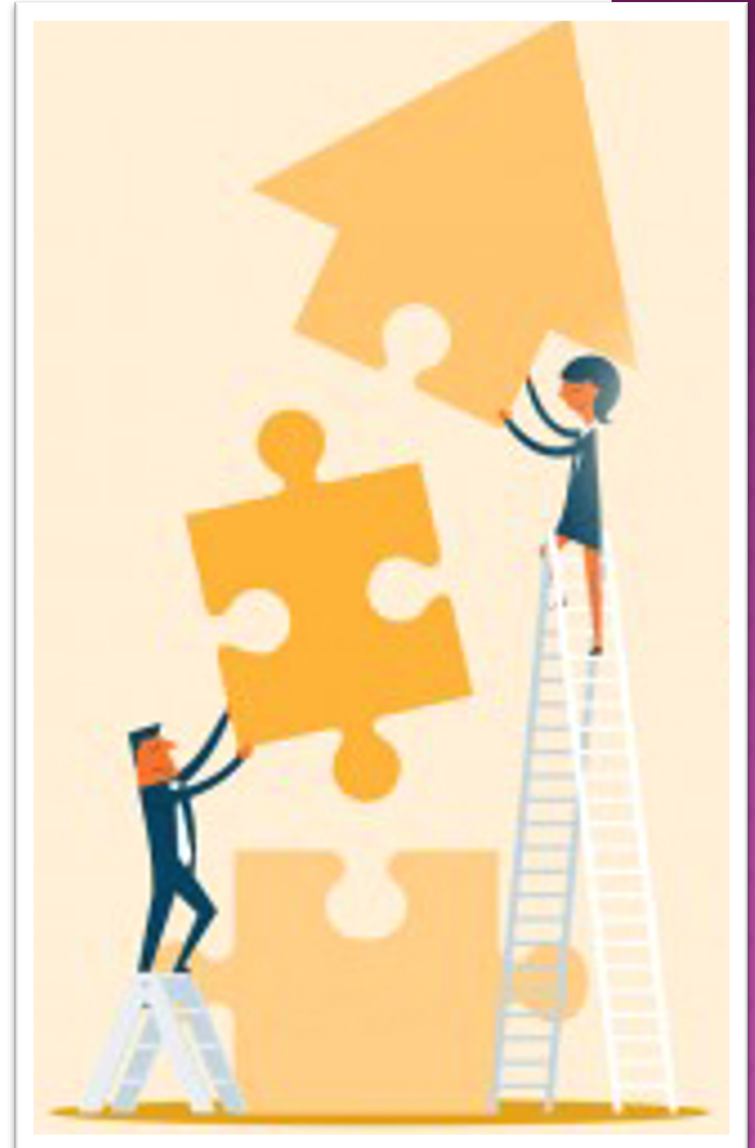


THE COACHING ARENA

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, the most 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.



ENTHUSIASTIC!

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

Today we continue with the qualities of
ENTHUSIASTIC and EMPOWERING.

I am willing to be ENTHUSIASTIC!

What does that mean for you?

What is the energy of to be ENTHUSIASTIC?

ENTHUSIASTIC!

Definition:

having or showing intense and eager enjoyment, interest, or approval; very interested in or excited by something; absorbing or controlling possession of the mind by an interest or pursuit; lively interest

Enthusiasm is closely associated with eagerness...
when we are enthusiastic about something,
we are eager to participate in it.

We are excited! Enthusiasm has a very high energy,
an “I can’t wait to do this!” attitude.

ENTHUSIASTIC!

“The word ‘enthusiasm’ comes from the Greek word ‘*entheos*’ which means the God within. And the happiest, most interesting people are those who have found the secret of maintaining their enthusiasm, that God within.”

– Earl Nightingale

So to be enthusiastic is to be inspired...
by our purpose, our values, our life’s intentions, our goals.
It’s to be filled with focused energy!

What would the opposite of enthusiasm be?
Maybe resignation? “I just have to get through this...”

EMPOWERING

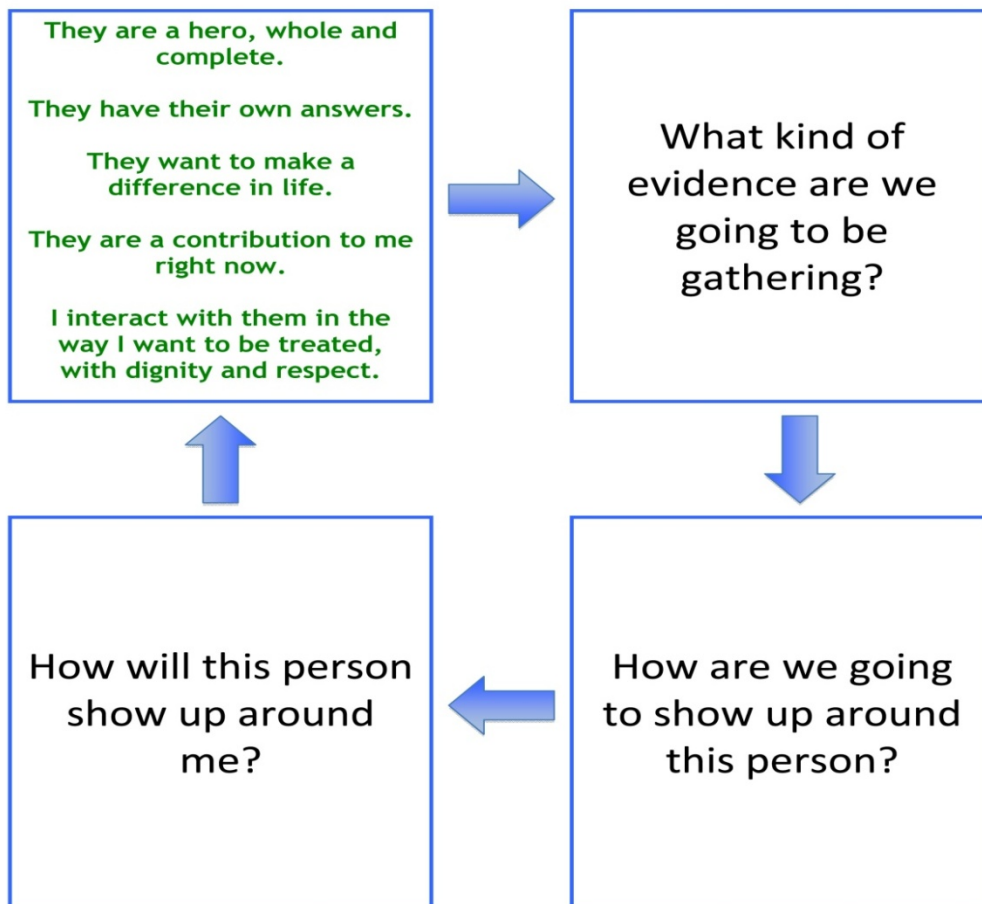
I am willing to be EMPOWERING.

Definition:

To give (someone) the authority or power to do something; make (someone) stronger and more confident, especially in controlling their life and claiming their rights; to equip or supply with an ability; enable

EMPOWERING

The 4 Boxes



How does seeing someone through the green lens encourage us “to be empowering”?

EMPOWERING

We often confuse empowering and delegating.

Delegate – to assign a task to someone else; to give some of your work to someone else

What do you notice about the difference in energy and result between to empower and to delegate?

When is it appropriate to be empowering and when is it appropriate to delegate?

QUESTIONS?

