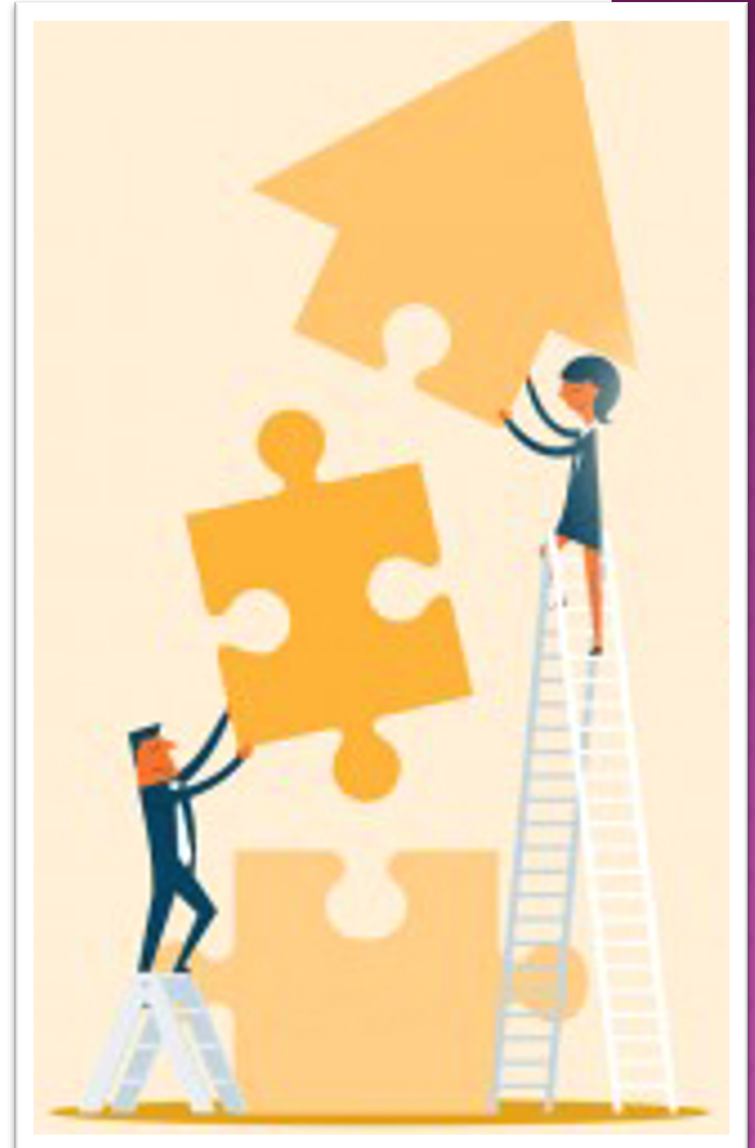


THE COACHING ARENA

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.



ALERT

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

**Today we continue with the qualities of
ALERT and TRUTHFUL.**

I am willing to be ALERT.

What does that mean for you?

What is the energy of to be ALERT?

ALERT

Definition:

Alert is defined as being awake and functioning at an energetic level. If you are alert, you are paying full attention to things around you and are able to deal with anything that might happen.

Fully aware and attentive; wide-awake; keen: an *alert* mind is swift and agile; nimble, quick to notice any unusual and potentially dangerous or difficult circumstances; vigilant; the state of being watchful for possible danger

ALERT

If you are alert, you are paying full attention to things around you...

“Am I willing to be open-minded and fully engaged in order to receive maximum benefit from this time together?”

Sound familiar?

ALERT

...quick to notice any unusual and potentially dangerous or difficult circumstances; vigilant; the state of being watchful for possible danger



We can interpret this as monkey mind – always looking for that saber tooth tiger – or the 18-wheeler coming at us because we're in the wrong lane, driving in the fog.

We can also see it as being quick to look, see and tell the truth so our actions are authentic and meaningful.

TRUTHFUL

I am willing to be TRUTHFUL.

Definition:

telling or expressing the truth; honest; characterized by accuracy or realism; true to life; presenting the facts; veracious; honest; corresponding with fact or reality

“Just the facts, ma’am.”

TRUTHFUL

LOOK

-Direct attention toward

SEE

-The miracle of seeing what was there all the time occurs

TELL THE TRUTH

-What happened in physical reality

Period.

No thoughts

No feelings

No opinions

Take Authentic Action

Can you see
that there's no
such thing as
my truth or
your truth?
These are our
opinions.
The TRUTH is
not personal.

TRUTHFUL

How does being ALERT help us to look, see
and tell the truth?

When we pay attention to what is actually before us, not
clouded by what we want to see, or wish was there, we
develop the capacity to tell the truth.

Interestingly, the opposite of ALERT is careless,
inattentive, asleep, lazy, thoughtless...

how do these qualities prevent us from looking, seeing,
and telling the truth? What kinds of actions would result
from being the opposite of alert?

QUESTIONS?

