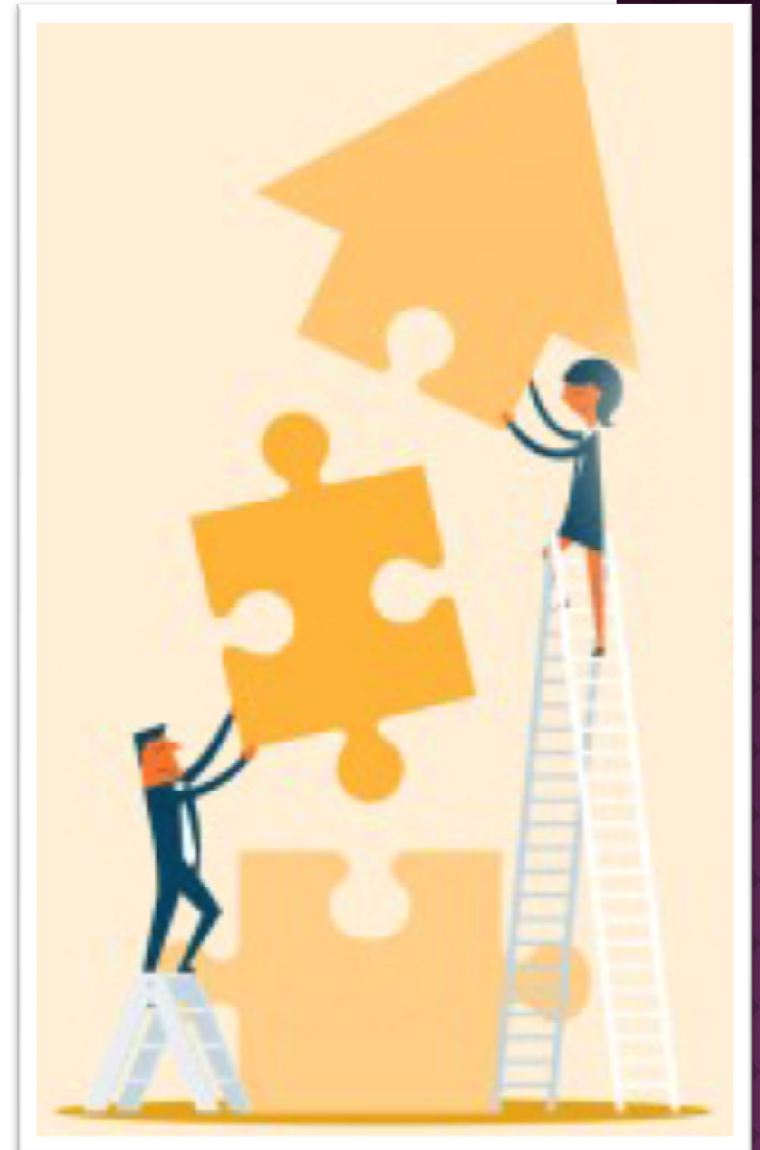


THE COACHING ARENA

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.



CLEAR

Since clarity comes first in our definition of success – “Success is doing what you said you would do, consistently, with clarity, focus, ease and grace” – let’s begin our exploration of the Qualities of Being with...
CLEAR.

I am willing to be clear.

What does that mean for you?

What are we willing to be clear about?

Clarity includes being clear about...

- Who we are
- What is most important to us
- And, what we want to do about it

CLEAR

Let's break that down...

Who we are

This refers to our Standards of Integrity.

What values are we bringing to the table? Not just to this coaching session/meeting/interaction, but to life?

What is most important to us

This refers to our Life's Intentions.

What have we decided are our most heartfelt longings to be?

How are we demonstrating those in this interaction?

What we want to do about it

This refers to the goals we create, based on the Life's Intentions we have decided are the most important to us.

CLEAR

**What else
do you need
to be clear
about?**

Does it help to...

**Sound
familiar?**

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

CLEAR

How about clarity about what we're most interested in?

“Choice of attention—to attend to this and ignore that—is to the inner life what choice of action is to the outer. In both cases a man is responsible for his choice and must accept the consequences.”

-- W.H. Auden, *The Complete Works of W. H. Auden*



**Are we more interested in our monkey mind,
or in accomplishing our goals and bringing our
dreams into physical reality?**

QUESTIONS?

