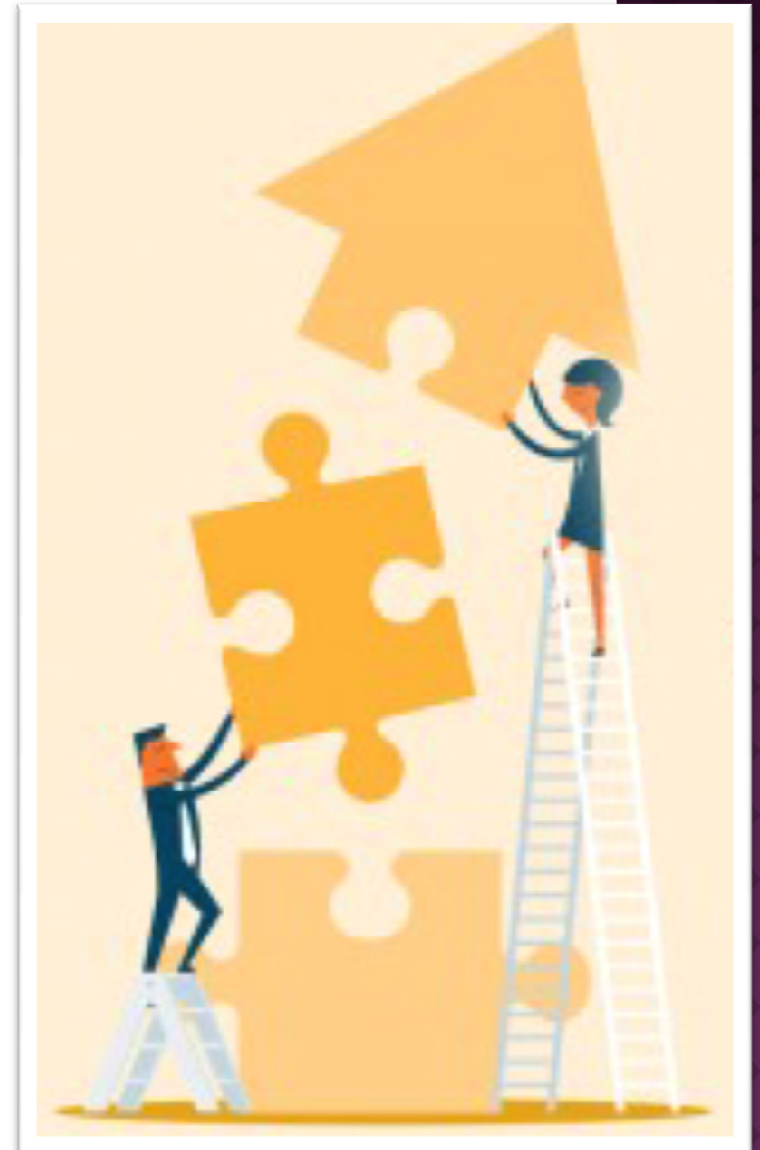


# THE COACHING ARENA

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.



# FLEXIBLE

So far in our Qualities of Being series, we've covered  
Clear, Focused, Supportive, Open and Vulnerable.

Today we continue with the qualities of  
**FLEXIBLE and GRATEFUL.**

**I am willing to be FLEXIBLE.**

What does that mean for you?

What are we willing to be FLEXIBLE with?

**“Blessed are the flexible,  
for they shall not be bent out of shape.”**

# FLEXIBLE

## **Definition:**

**capable of bending easily without breaking;  
able to be easily modified to respond to altered  
circumstances or conditions.**

**The living are soft and supple; the dead are rigid and stiff.  
In life, plants are flexible and tender; in death, they are brittle and dry.**

**Stiffness is thus a companion of death; flexibility a companion of life.**

**An army that cannot yield will be defeated.**

**A tree that cannot bend will crack in the wind.**

**The hard and stiff will be broken.**

**The soft and supple will prevail.**

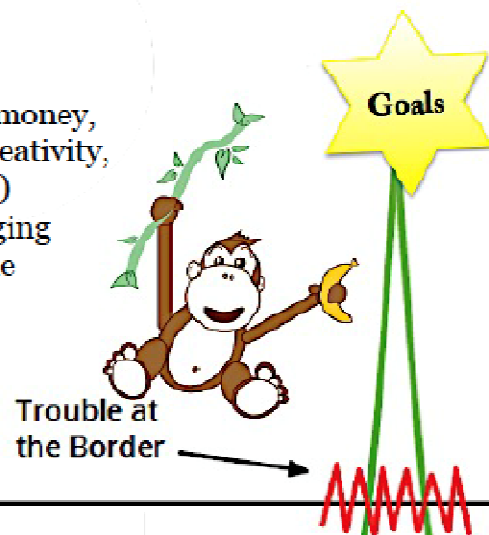
**- Tao Te Ching, 76**

# FLEXIBLE

## The Playing Field

### Physical Reality

- ✓ **Things take energy** (money, time physical vitality, creativity, enjoyment, relationship)
- ✓ Things are always changing
- ✓ Things are unpredictable



When monkey mind greets us at the border, we use “handle holds” to move into physical reality with clarity, focus ease and grace. A few handle holds are:

- Being willing
- The coaching arena
- Your standards of integrity
- Your life's intentions
- Take authentic action

### Visionary Reality

- ✓ Energy is high
- ✓ Easy to get excited & inspired
- ✓ Easy to mistake inspiration for action



How  
does  
being  
flexible  
help  
us  
cross  
the  
border  
with  
clarity,  
focus,  
ease,  
and  
grace?

# GRATEFUL

**I am willing to be GRATEFUL.**

**“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.”**

**~ Zig Ziglar**

# GRATEFUL

## Gratitude is good for us...

In an experiment with college students, those who kept a “gratitude journal,” a daily record of things they felt grateful for, achieved better physical health, were more optimistic, exercised more regularly, and described themselves as happier than a control group of students who kept no journals but had the same overall measures of health, optimism, and exercise when the experiment began.

Name  
3  
things  
you  
can  
be  
grateful  
for,  
right  
now.

# GRATEFUL

**What are we more interested in?**

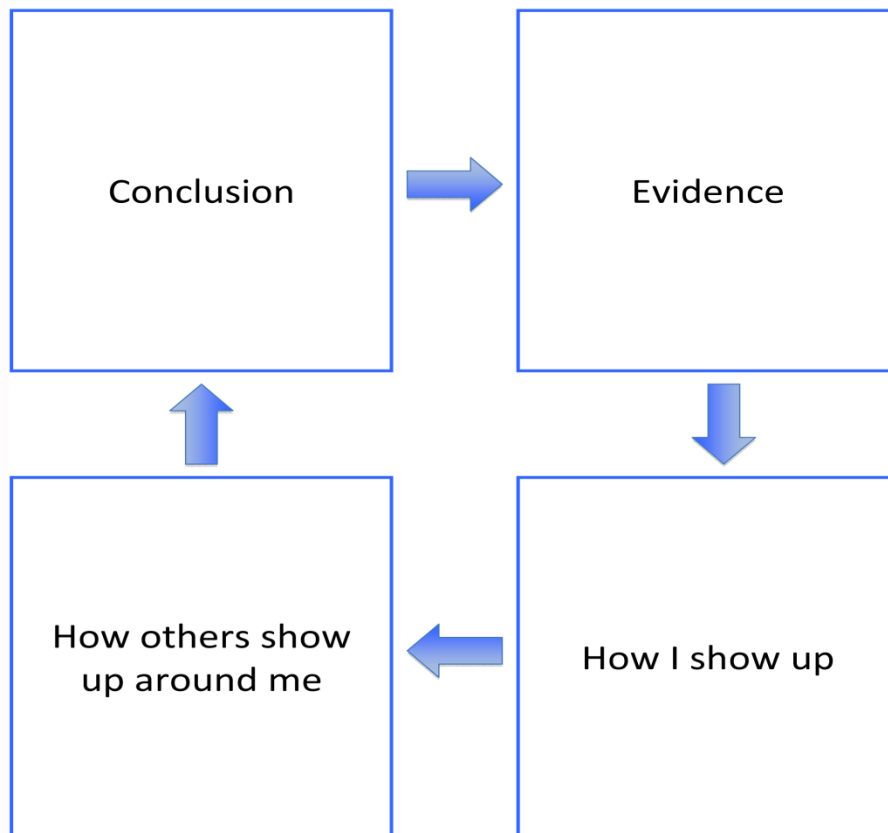
**“When you look for the bad in mankind, expecting to find it, you surely will.” - Abraham Lincoln**

**What good are you expecting to find?**

**What conclusion are you gathering evidence to support?**

# GRATEFUL

## The 4 Boxes



"If you're not using this time to rest, reset, and prioritize your purpose and people in your life, you, my friend, are wasting an opportunity you may never get again. The world literally stopped and shifted for you to get your [act] together. If this is torture for you, find out why."

# QUESTIONS?

