

Coaching for Transformation Pathway - *Experiencing the moment*

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Coaching for Transformation - CFT - is a coaching program accredited by the International Coach Federation (ICF) based on 18 years of research and experience. It has been tested in the field by some of the most successful coaches in the world.

The program is the only coaching certification program that emphasizes cultural awareness and social change, issues which are vital in today's world. Our coaching approach is holistic; you learn how to coach the whole person: physically, mentally, emotionally, and spiritually.

In order to support deep transformation, we accompany our clients towards *alignment* - an inner state of congruence and sense of Self. The CFT program offers a number of coaching skills as well as five pathways to alignment:

- *Exploring Needs and Values* – Helping our clients become conscious of their underlying needs and values, so that decisions are made in accordance with what feels fitting.
- *Experiencing the Moment* – Honouring the intuitive wisdom of the body, exploring emotions, and embracing resistance, to connect with inner authenticity and life forces before moving into action.
- *Expanding the View* – When our clients hold limiting beliefs, to help them explore and embody a wide range of viewpoints.
- *Envisioning the Future* – Exploring different ways to create a compelling future, such as envisioning, visualizing, and unfolding their creativity to open up to new possibilities.
- *Embracing the Shadow* – Exploring the multiple parts of the psyche to honour clients in their entirety—and connect to the deep reservoir of wisdom known as the Self.

The pathway which differs most from other coach training programs in our opinions is *Experiencing the Moment*, for us as coaches and for our clients. This pathway supports our clients in surrendering to the unknown, allowing themselves to experience sensations and body feelings which without accompaniment might be scary and uncomfortable.

Below are some script examples of what CFT sessions are like.

The scenario:

After months of procrastinating, Julie finally found the courage to submit her book to her publisher. She found out the day before the session in question that her publisher didn't approve of the book....

What will happen to Julie during the session?

Coach: Julie, I salute your courage in finally submitting the book to your publisher. Whatever the outcome: you've done it! How does that feel?

Julie: I'm fine.

Coach: I see you frowning and looking downwards as you are saying this.

Julie: Well, as I said, I don't want to go into what happened yesterday.

Coach: So what do you want to do?

Julie: I don't know.

Coach: How is 'not knowing' alive in you?

Julie: Kind of blank and dark.

Coach: Where in your body do you feel this blankness and darkness?

Julie: Not sure, I am not very good at this body stuff. In my head, perhaps, I've got a bit of a headache. I've got so much to do at the moment, with all this family stuff and organising this funeral.

Coach: So there are blankness and darkness in your head and it hurts. You are resting your head on your hand. What's it like doing that?

Julie: It feels good to get some support for my head, it feels heavy.

Coach: Let yourself feel how good that feels, having some support for your head, letting it be heavy. What else in you could do with some support?

What could be another way for Julie?

Coach: Julie, you are telling me that you don't want to be coached on that topic, and yet..., I hear your voice trembling ... are you willing to explore what that is it about?

Julie: ... Ok. Well, I guess I feel a little more disappointed than I want to admit to myself.

Coach: Hmm... disappointed... how does that feel in your body, that disappointment?

Julie: I feel a heavy load in my lower belly.

Coach: Can you describe that heavy load for me?

Julie: Oh well, I think my publisher is right, my book was not really that good anyway...

Coach: Julie, I wonder what would happen if you let your thoughts about the issue rest for a while.

Go back to that heavy load in your stomach, and give it all your loving attention.... What does that load look like and feel like...?

Julie: Yes, it's still there...It is a dark grey heavy rectangle. Like a cold box made out of lead.

Coach: Hmm... take a good look at that box. If it had a message for you, what would it be?

Julie: "Look inside me".

Coach: Ah... are you willing to look inside? ...

Julie: Oh... I see it popping open and a bright light is coming out!

Coach: A bright light! Interesting! Can you tell me more about it?

Julie: It's spreading all over my body now...

Coach: And how does that feel?

Julie: I'm getting all warm inside...

Or what else?

Coach: When you say you don't want to talk about it I notice your eyes zooming out, and I am wondering what they are looking at?

Julie: It's my look of resignation, I am considering taking a long vacation at the beach.

Coach: When you stay with that look, how do your body and your heart feel?

Julie: My body feels heavy and there is a fluttering, yearning in my heart

Coach: When you stay with this sensation of heaviness and the yearning in your heart for a moment, what happens?

Julie: It starts to sink, I feel like a windbag that is not fully blown up, because someone has punched it in or has thrown it at the wall, so it is just twirling around but it does not properly fly, it is being dragged on the floor, and up and down.

Coach: When you imagine you are the windbag, what's the temperature like?

Julie: It's cold.

Coach: And what sensations are you experiencing?

Julie: I feel sick, I feel confused, I have lost my orientation, but I mean that's normal I guess when you are a half-empty windbag. (Opening his eyes and laughing).

Coach: You opened your eyes and started laughing. What has shifted in you?

Julie: I guess I want some lightness.

Coach: When you check in your body can you identify which part is longing for lightness? ...

Surprised by another ending?

Coach: Julie, I know you said you didn't want coaching on this, but as you said it, you gestured with your hand, as if you were pushing something away. Could you tell me a little more about that?

Julie: It's just frustrating to do all that work and receiving no thanks. Anyway, I'd rather just forget about it and focus on something else.

Coach: I hear you, it is painful to work so hard and not get the recognition you hoped for. You mentioned several times how hesitant you were to actually submit it, that must have taken a huge amount of courage.

I also heard a lot of energy when you said "frustrating". Is it okay with you if we stay with that frustration for a bit to see what that energy has to say?

Julie: It was such a good project; my publisher is an idiot for not having seen that!

Coach: What is so good about the project?

Julie: It would have gotten the whole team working together towards a common goal and that would have been amazing.

Coach: When you think about the whole team working together towards a common goal, what feels so good about that?

Julie: We'd all be able to voice our opinions and then work together to find the best solution.

Coach: I honour your desire to give everyone a voice and bring out the best in people. When you think about that, how does your body react?

Julie: It makes me feel all warm inside, and very safe.

Coach: ...

Julie: It makes me feel like my contribution is appreciated.

Coach: Mmmmm...

Julie: In fact, I really love getting people working together harmoniously. Collective intelligence rocks! And it's something I'm really good at.

Coach: Wow, your enthusiasm is a delight to behold. What are some ways to bring that talent into your activities more often?

More possibilities?

Coach: What's up since last time?

Julie: I did submit my book to my publisher. But he did not approve of it.

Coach: I am hearing your disappointment. And at the same time, I would like to acknowledge that you found the courage in you to write and send the book to your publisher. You've been talking about it for some months now, and I would like to recognize your effort. How is it for you to hear that?

Julie: I'm fine...

Coach: ...Julie...the tone of your voice sounds flat and you are looking on the floor. What is your body telling you?

Julie: I'm tired.

Coach: ...is there a place inside your body where this tiredness is located?

Julie: Don't know.

Coach: Are you willing to explore your body and find out?

Julie: Ok.

Coach: I invite you to scan your body, from your head to your toes, and to tell me what are the physical sensations you notice.

Julie: Hum ok....my shoulders are heavy.

Coach: How do you know there are heavy?
Julie: They are falling down towards the floor. But I do not like it and I would rather do something else!
Coach: How was it like to explore this heaviness?
Julie: Heavy.
Coach: If heavy were an image or a metaphor, what would it be?
Julie: A bag full of stones.
Coach: How big is that bag?
Julie: Big like this (gestures).
Coach: And what is the bag made of?
Julie: A rough fabric.
Coach: And looking at the stones inside, what is special about these stones?
Julie: Nothing....
Coach: Look a little bit closer, what do you see?
Julie: Umm... something is written on them....
Coach: ...and what do you read?
Julie: I don't know it's like hieroglyphs!
Coach: And what have these hieroglyphs to do with your tiredness?
Julie: Well, it seems clear now, I did not understand what my publisher wanted so the best thing to do would be to ask him what he expects from me!
Coach: Woooosh! So much energy in your voice!
Julie: Yes, I feel better now. I have been procrastinating so long about making this book and now I understand why, I did not have enough clarity before and I've just realized that I simply could have asked him!
Coach: What are you taking away from today's session?
Julie: I will remember that my bag of stones means that I have to get more information!

Even more surprising?

Coach: Julie when I hear your words about this situation with your publisher I sense some kind of confusion in my stomach. I am not sure what that is about and I wonder what is alive in you right now?
Julie: Well I am not sure. I think I am fine. He didn't approve the book and that's all. Nothing to talk about.
Coach: What is happening in your body as you share this right now?
Julie: Really nothing.
Coach: As you were saying it I just noticed that you furrowed your brow. Did you notice?
Julie: Really? I did not notice it.
Coach: If your eyebrows were to speak to us, what would they say?
Julie: My eyebrows would be silent and angry.
Coach: Yes, anger is really present here! Is there another part of your body where anger is also alive right now?
Julie: Yes. Many!
Coach: Let them be. Just notice it for a while. And breathe...
Julie: (Julie's face expresses even more anger) ...
Coach: Where do you sense anger in your body right now?
Julie: My fists are clenched, I have a lot of tension in my jaws, my neck is hard as stone and my arms are raised.
Coach: How about paying attention to all those parts of your body where you sense anger? ... What is happening as you put your attention there?

Julie: Anger is changing to sadness. He did not respect my effort at all. I really did a good job and he just denied it.

Coach: I hear you really longing for more respect in this relationship, yes? And do you also want all the effort you put into this project to be seen?

Julie: Yes, I really had hoped that we would have discussed it before the final decision was made.

Coach: So you would like some kind of connection before a decision is taken, yes?

Julie: Yessss....

Coach: What is happening in you as you share this?

Julie: I feel hopeless.

Coach: How do you sense hopelessness at the moment?

Julie: Like an outflow of energy running throughout my arms and legs...

Coach: What is happening right now?

Julie: I sense some movements in my chest?

Coach: What kind of movements?

Julie: Like a hundred of butterflies wanting to fly out of my chest.

Coach: Wow... A hundred of butterflies! And they want to fly away...
What kinds of qualities do these butterflies represent?

Julie: Freedom.

Coach: I am noticing that you are speaking slower. How is this slowing down connected to freedom?

Julie: ... It just reminds me how important freedom is important for me and that sometimes I act or even think too much and too quickly and it is as if freedom were imprisoned like those butterflies.

Coach: Imagine the butterflies flying fully free, what is it like?

Julie: It is like a flow and I would act more from a place of self-connection and self-trust.

Coach: Are you in contact with the flow right now?

Julie: Yes.

Coach: Tell me how you sense it...

Surprised? Well you are going to be even more surprised!

Coach: I really admire the way you stepped into your power and submitted your book to your publisher. Kudos! And I see that it is very dear to you to express yourself and be authentic. So I'm really full of joy that you stuck to your values and found the courage to present your book. When you mentioned that your publisher didn't like your book I saw something shifting in your energy. I wonder whether you would like to tell me how you feel about it right now, in this moment?

Julie: I knew the chance that my books would be accepted wasn't big. So I shouldn't be too disappointed.

Coach: Do I sense some disappointment there nonetheless?

Julie: Yes, somehow I hoped that my publisher would have appreciated my book.

Coach: So what is this experience like for you?

Julie: I am really disappointed...

Coach: I hear you sigh. What is beneath that sigh?

Julie: Sadness.

Coach: Would you be willing to look into that sadness a bit more?

Julie: Seems to be the story of my life, being rejected.

Coach: When you think of your life as the story of being rejected, how do you feel right now?

Julie: I feel so lonely. (Tears are coming up.)

Coach: I wonder whether it's okay for you to stay with your tears for a while?

.....

Coach: How is it for you now?

Julie: Still lonely.
 Coach: Where in your body do you sense this loneliness?
 Julie: It is in my stomach. There's a big stone.
 Coach: What is the stone telling you?
 Julie: That there is a heaviness in my life.
 Coach: When you feel the heaviness what are you longing for?
 Julie: Acceptance.
 Coach: I hear that acceptance is a great longing of yours. I invite you to step into that acceptance.
 Would you be willing to do so?
 Julie: Yes, I can try. But I suppose it's difficult.
 Coach: Can you think of a moment in your life when you really felt accepted?
 Julie: Yes, when I was with my grandfather....
 Coach: When you think of that now how do you feel?
 Julie: There is warmth in my heart. There are safety and belonging.
 Coach: Can you find a metaphor for that?

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These scripts have been developed by certified professional CFT coaches. Thanks to Asia, Karin, Karine, Malou, Margaret, Radnadevi and Sandy for providing them! Each script has a different dramaturgy, 7 coaches and 7 dramaturgies! And it shows one of the 5 core principles¹ of CFT, namely Diversity, i.e. honoring differences. CFT coaches are different individuals and we are committed to following a vision of the World with non judgmental presence, curiosity, mindfulness for natural openings and full trust in clients' resourcefulness. *Experiencing the moment* is one of five pathways² that CFT coaches are learning during the 9-months program.

When do we use that pathway?

As coach, we may chose this pathway to alignment if our client is experiencing intensity; intense emotions, resistance, blockage, disconnection from self, alternation between full energy to lethargy, etc..

What are the potential benefits for the client?

Experiencing the moment supports experiencing what's in the now, bringing it to awareness. This pathway is especially valuable when a client is having difficulties to accepting some part of their life. The skills of *Experiencing the moment* are also helpful when working with others pathways, in embodying: needs in the present moment, envisioning the future, embodying new views and when embracing the shadow. The experience becomes visceral and physical, not just in the head!

Which skills does a coach have to develop in order to accompany a client with the *Experiencing the Moment* pathway?

The full pallet of coaching skills³ is used in *Experiencing the Moment*, and especially *Self-management* to fully welcome the client's experience, *Interrupting* to return to the Now, *Naming What's Present* to stay in the Now, *Intuiting* by sharing what we as Coach are sensing in the Now, *Cultural humility* in recognizing what in the client's culture might play a role, *Holding Silence* to let the experience of the client unfold by itself, *Metaphors* in bringing images to support the experience, *Acknowledging* and

¹ The 5 core principles of CFT are: Wholeness, Diversity, Resourcefulness, Freedom and Possibility.

² *Exploring Needs and Values, Experiencing the Moment, Expanding the View, Envisioning the Future and Embracing the Shadow.*

³ *Acknowledging the Essence, Empowering Questions, Brainstorming, Challenging, Championing, Clarifying, Embracing Polarities, Establishing Accountability, Facilitating Cultural Awareness, Holding Client's Agenda, Holding Silence, Interrupting, Intuiting, Making Metaphors, Moving into Action, Naming What's Present, Offering an Inquiry, Reflecting, Re-Framing, Requesting, Self-Managing, Setting Goals, Visioning.*

Championing to support the client to be aware of their essence as *Experiencing the Moment* can lead to exploring uncomfortable places and *Reflecting* to reinforce the coach-client companionship.

Currently, our days go so fast, with duties, activities and appointments, that sometimes it is hard to stop! We are used to being faster and faster, getting thousands of impulses from multimedia sources on a daily basis. An invitation to stop and dive into the full experience of the present moment is difficult for most of us. Not to mention the fear of experiencing what is...

An invitation:

Let's investigate the present moment together by following these instructions and questions:

Sit down and scan your body, what do you sense with your feet, knees, legs, hips, belly, body, shoulders, arms, hands, fingers, neck, head, eyes, nose, mouth, throat, lungs, stomach, intestines, genital organs?

Recalling what you have just read, what do you sense right now?

What is alive in you right now? Where in the body do you sense it?

And now check in with yourself: What did you learn?

And how will you remember this knowledge and inspiration about the pathway *Experiencing the moment*?

References:

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