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Restoring Systems in Coaching

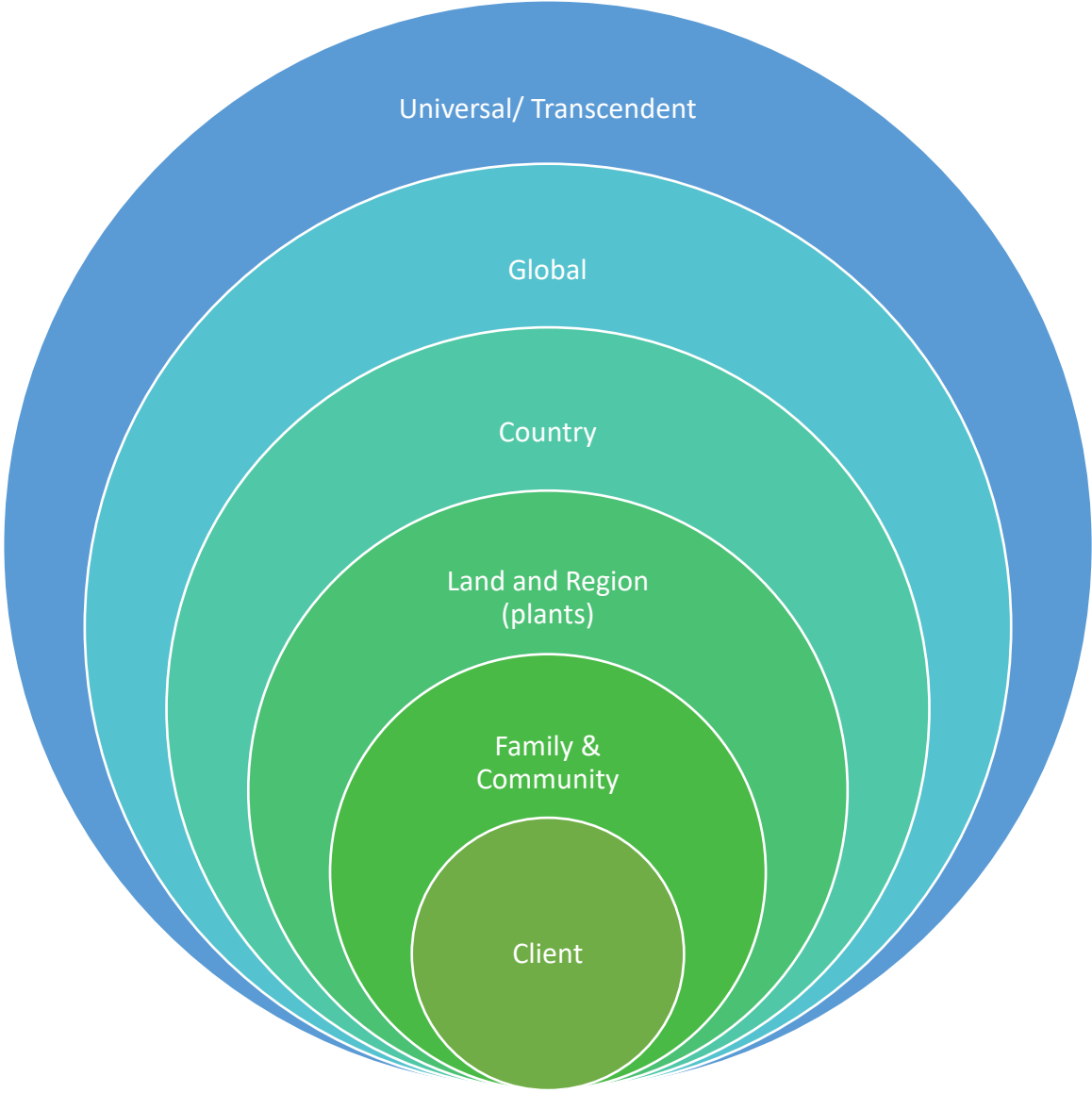




Assumptions

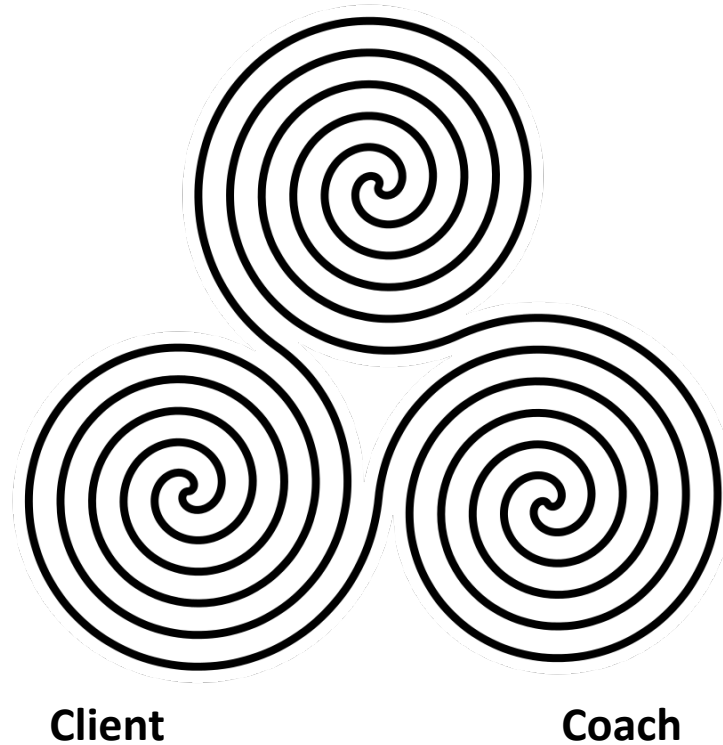
- We are all clients
- We are interconnected both people and planet.
- Covid-19 amplifies the already existing disruption (trauma)
- Coaches also bring disruption to the client.
- This is a practice of origin.

The Interconnected Nature of People and Planet

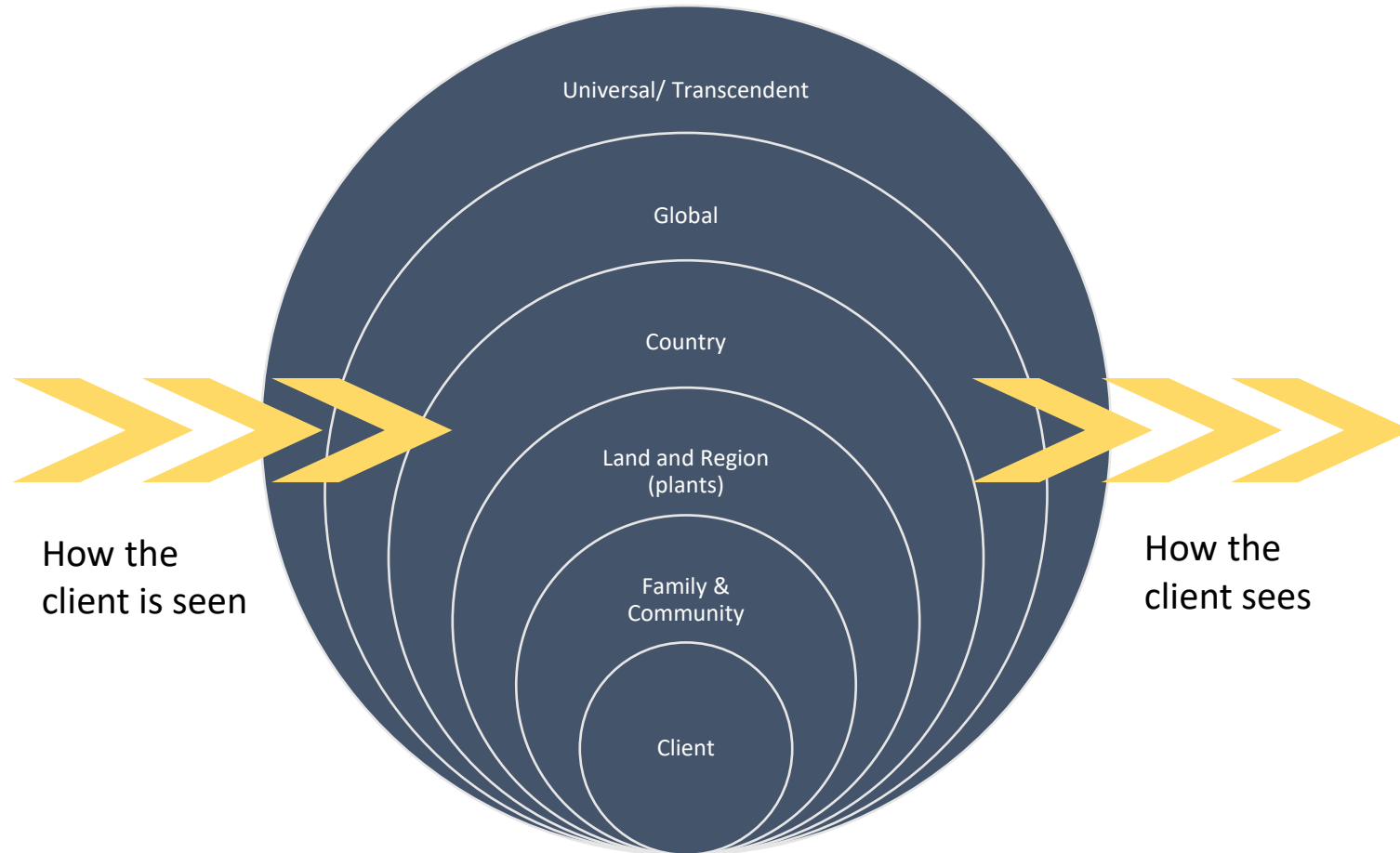


How Interwoven Systems Work

Ripple in the External Systems



Interconnection is Disrupted

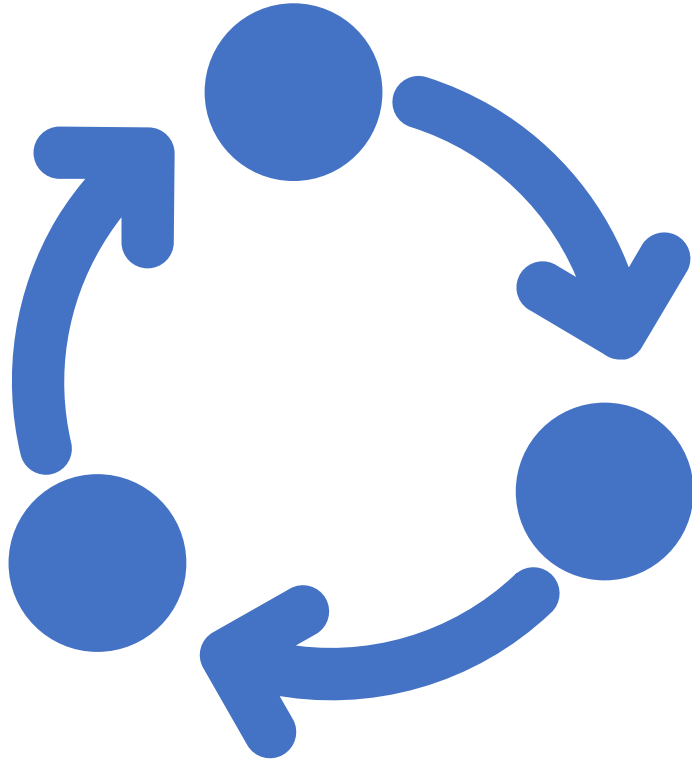


Moving away from Trauma towards Connection



Source: Monica Dennis and Rachael Ibrahim, *Move to End Violence*, NOVO Foundation

Goal of all Coaching



- Restore the Full System by
 - reconnect to **Sources** to access the SELF
 - Restore the **Stories** along multiple lines
 - Reengage with **Emotions** to restore balance to parts
 - Reclaim the **Body** so notifications can be heard (Self, Parts and Planet)

Spectrum of Experiences



Clients with a high awareness of interconnection

Very resilient

Living in possibility, recovery

Desire to pursue interconnection of the system

Feel fear, anger and a desire to look at parts and the self



Clients with low awareness of interconnection

Less resilient

Live in rigidity or sameness

Desire or give in to keeping the systems as is

Feel fear, anger and resist looking deeper into parts, self



So, what now?

- Coaches learn from practice and experimentation.
- In a small group of willing participants practice pursuing interconnection
 - Identify an existing situation, a community deeply affected by the system in order to try on how this approach might work
 - Emerge with a set of empowering questions with your systems glasses on.
 - Try It on. Coach it out.