choice, the magazine of professional coaching

Coaching Principles:
Clarity, Focus, Ease and Grace

by Maria Nemeth, Ph.D., MCC

Quick Links

InviteCHANGE

My Life Compass

Market Your Coaching Business

choice Magazine

Subscribe to choice

More from choice!

choice expert series archives

Forward to a Friend

Coaching Principles:

Part 2: Focus

Part I of our series looked at the principle of clarity. In part I we look at focus. In your coaching practice, do your clients primarily focus on:

- Concerns or contributions?
- Issues or ideas?
- Analyses or aspirations?
- Guilt or goals?

Many clients come to coaching with a history of looking at the terms on the left hand of each question. It's what they are used to. However, success in life depends on the time we spend focusing on those on the right.
Here is a definition of success that is useful when we support people to attain meaningful goals.

Success is doing what you said you'd do in life with clarity, focus, ease and grace.

By this definition success is an inside job. We don't need to compare ourselves with the accomplishments, real or imagined, of others. With this view of success we are not so much interested in the quantity of "things" that we have or do in life, but at the quality of our experience of living itself.

Everyone knows that what we focus on grows in our

Be a client, become a coach! Change your life,

check it out Now!

_____

BE A FAN

VISIT THE CHOICE FAN PAGE ON FACEBOOK!

Find us on Facebook

_____

experience. Focus on red convertibles and you'll see them more of them, now that they are at the center of your attention. Were they always there? Yes. But you weren't looking for them. Neurophysiologists tell us that focusing on thoughts creates synaptic pathways that become like grooves in our brain, thus increasing the probability that we'll think them again.

How to incorporate the principle of focus in our coaching strategies when working with clients' habits of thought?

Example:

This is your fourth session with Susan. Her goal is to swim with the dolphins in Florida in six months. Today she says the following:

"I want to swim with the dolphins. But I'm starting to feel guilty about this goal. It seems so indulgent. I'm saving the money for it. That's not the issue. I just don't feel like I'm entitled to have a goal like this."
As her coach, what do you say? Does telling her not to feel guilty help? No. Do questions designed to have her look logically at the fact that she is entitled to her goals make any difference? Probably not. Consider the following using the principle of focus:

"Susan, you may be used to feeling guilty right before you go for a goal you really want. Is this true? (Susan nods). Let me ask you something: What interests you more: your guilt or swimming with those dolphins? Your guilt may or may not go away. If you want, we could wait another year to see if it does. But which are you truly more interested in right now, your guilt or your goal?
And this is the trick: you must focus on something because you find it interesting in and of itself. Not because you want to get away from another experience. Anything you want to get away from will only pursue you further in your experience. That's because when you think "I want to get away from guilt" the brain only recognizes the word "guilt." And the groove gets deeper.

Tools

- Try the above focus question on a client and see if there is a shift in the focus of his or her attention from the left to the right side of the equation
- Give the definition of success, as outlined above, to a client and ask what they experience as they focus on it

Look for Part 3 of this series: *Focus*, in two weeks.

About our Expert:

Subscribe to choice

BECOME A PART OF THE GLOBAL CONVERSATION

US SUBSCRIPTION ORDER

CANADIAN SUBSCRIPTION ORDER

INTERNATIONAL SUBSCRIPTION ORDER

_____

choice Magazine

Customer Service
Hours: M-Th 9 a.m. - 4 p.m. (Pacific Time)
email us at: communication@choice-online.com

(310) 941-7249

Maria Nemeth, Ph.D., MCC, a Licensed Clinical Psychologist and Master Certified Coach, is an internationally recognized speaker, author, and seminar leader. She is the founder and Creative Director of the Academy for Coaching Excellence. For more than 20 years, Dr. Nemeth has trained professional coaches, ministers, clinicians, executives, teachers, and private individuals using the coaching methods and skills that she has designed. Her courses and workshops have been taken by thousands of people who report significant, extraordinary changes in their lives as a result of these principles.

Contact: **Academy for Coaching Excellence**
1900 Point West Way, Ste 122
Sacramento, CA 95815
Email: mnemeth@academyforcoachingexcellence.com
Phone: 916-798-7066
Web: www.academyforcoachingexcellence.com

For updated information on our choice Multi Media Expert Series visit http://www.morefromchoice.com

For archived MP3 audio library visit http://www.morefromchoice.com/

For the choice expert series archives visit http://www.choice-online.com/expertseries.html

---

choice, the magazine of professional coaching

become a fan

tweet us

link up with us

Feedback is welcome at
ExpertSeries@choice-online.com

Visit our choice Website
choice, the magazine of professional coaching

For our Multi Media Teleclasses visit
http://www.morefromchoice.com

email: *communication@choice-online.com*
customer service phone:
310-941-7249 (PST 9-4)
web:*http://www.choice-online.com*

STOP STRUGGLING AND START COACHING
We work with certified coaches who are ready to let go of the hobby
and focus building a thriving business with:

- a steady stream of income
- a consistent rush of clients
- and YOU in high demand

Build Your Business - Build Your Life
Market Your Coaching Business

Get Your Marketing Survival Kit today!
www.MarketYourCoachingBusiness.com/Free-Stuff-.html

Invest in Yourself www.MarketYourCoachingBusiness.com Sign up Today!

Forward email

SafeUnsubscribe®
This email was sent to mvesely@academyforcoachingexcellence.com by communication@choice-online.com.
Update Profile/Email Address | Instant removal with SafeUnsubscribe™ | Privacy Policy.

Email Marketing by
Constant Contact
TRY IT FREE

choice Magazine | P O Box 942 | Bodfish | CA | 93205