

Three Coaching Philosophies when working with me

Transcript

Hey there! Thanks for checking out my website, and for getting curious about how coaching with me looks like. As I mentioned, coaching with me is an evolving process. How I work and how we work together, evolves as you evolve. Saying that though, there are some basic philosophies that I use in my work that I want to tell you a little bit more about.

So three (philosophies) in particular. The first one is that I believe the way that we make decisions and orient to the world is based on oftentimes subconscious beliefs that live within our psyche that we don't often have access to. Such as: What are the things that are most important to you? What are your values? Why do you work? What do you hold as the purpose in your life? Those are questions that we don't take the time to answer, but are actually deeply seeded in impacting our own decisions and sense making and how we orient to the world. That's why one of the first things that I do with my clients is taking a closer look at these, to understand our behavior.

The second philosophy is that the blockages in our lives (maybe the way that we feel scared or that we are lazy/don't want to be doing things/we can't motivate us ourselves), they're actually being propelled by parts of us that are deeply caring about certain things. And until we care for those parts, until we turn towards them, we aren't actually able to overcome the blockages. That's why in the work with my clients, I actually turn towards those parts, and we talk about what is the fearful part caring about because they actually have a lot of depth of knowledge that often doesn't get seen, and then we're not able to move forward.

And the last philosophy that I have is one of holding the result of doing not being success and failure. The result of doing is always learning, and it is an iterative process -- doing feeds learning and learning then leads to doing. That's why in my work with my clients, I focus so much on the little actions, and then getting data from them, to then create more additional different actions. That's all about prototyping, all about moving forward, and you will not believe how much agency, and confidence is built up from there.

So those are my three basic philosophies. There's a lot more kind of orientation to them, but in my work those are the some of the things that are deeply important and what you can expect when we connect. So if any of this sounded intriguing, or exactly what you need right now, I want to talk to you. So reach out and we'll see what magic can make together.