

October 2009 – Sarina Sorrenti, Director engage consulting group

<http://www.engageconsulting.com.au>

Reflection, Intention and Playing in the Zone

After coaching for over 11 years, you start to get a pretty full tool kit of models, assessments, guidelines and methodologies. My partner and I had an 'AHA' experience earlier in the year when the 'GFC' gave us some extra time to reflect and work on our business and strategies. The 'AHA' was that we had all this intellectual property sitting around and not being used. So what if we packaged it up and offered it to other Coaches and Consultants to help them in their business, could they benefit? This is how we created CoachIntel™ our Coach portal designed to give Coaches tips and hints to run their practice, access to professional assessment tools and journals, receive a business and/or personal financial health check and get an opportunity to commercialise their own IP and knowledge to grow their clients and their business. CoachIntel™ was easy to create, the synergy was always there. We just didn't have the eyes to see it. The combination of reflection, intention and working in our zone created CoachIntel™.

The 3 Learning Objectives for this paper are:

1. Create Space to Reflect
2. Where Intention Goes – Energy Flows
3. Find Your Zone

Create Space to Reflect

I recently completed my Level 2 accreditation at the Institute of Executive Coaching and had some wonderful reflection time. I stopped doing. I paused, listened, contemplated and allowed myself to be OK with not knowing everything. I felt OK with how much there is still to learn and discover about the coaching dance. I love that the coaching experience is a co-created dance with shared responsibilities. Some times it is a graceful waltz or a creative modern movement with rapid twists and turns. Occasionally we step on each other's toes and the 2 steps forward and 1 step backward is a very common practice. To gain shifts in insight we need to stop and reflect. How many times have we encouraged our Coachees to experience this? Our own reflection practice can be something we put off; something that is important, but not urgent and the repercussions can include losing sight of new opportunities for personal and professional growth. This year has been my reflective practice year. I have engaged my own Mentor Coach – which has been absolutely indulgent and inspiring, taken up meditation and integrated this into my daily life and I had time thanks to the GFC to stop and reinvent myself and our business. What has 2009 been like for you? What shifts and insights have you experienced, or have you been great at helping others with these and forgotten about yourself?

Where Intention Goes - Energy Flows

My intention as a Coach is to be fully present, work from my heart centre and connect with the Coachee to help them find their own light, insights and growth. Where our intention goes energy flows, this is an extremely powerful concept. It is worth reminding ourselves of what our intentions truly are at our deepest level and recognising that our energy will naturally flow there.

The ritual of preparing and starting a new coaching session has been very helpful in setting up my intention and getting in the right zone for a coaching session. I have a ritual on getting centred with clients and it can include:

- ✓ Opening the Client's Coaching Journal and channelling into them
- ✓ Breathing
- ✓ Clearing my mind of 'other thoughts' and focusing only on the client in front of me
- ✓ Comfortable chairs and inviting environment – windows a preference
- ✓ Drinking tea or coffee together
- ✓ Shielding myself of any negativity
- ✓ Opening my heart to theirs

I have a ritual on closing a session with a client this includes:

- ✓ Physically closing the Client's Coaching Journal and by doing so closing that connection
- ✓ Breathing
- ✓ Allowing myself to let go of the client and let in other thoughts

Getting into the right state is a very important part of connecting with the Coachee in an efficient and effective manner. These rituals reinforce a deep connection in the coaching experience.

Our intention with CoachIntel™ is clear – we are supporting Coaches grow their own business in a professional and sustainable way.

Find Your Zone

At a recent coaching session I was helping the Coachee reflect on when she is her best and most joyful at work. We talk about this as being in the 'zone'. The zone is where you are present, immersed in the moment and connecting with others and what you're doing. The work or task flows easily and you feel you are achieving and making a difference. In the zone you are amplifying your strengths. You are being what you were born to be. Helping others find their own 'zones' is one the most enjoyable parts of coaching for me, I love seeing the shift in people's awareness. I have had many Coachees who have had assumptions that work is not meant to be enjoyable - they believe that there is no such thing as a job that can make you happy.

I have been connecting with my Chakras at my meditation class and only discovered the immense power of connecting with my heart centre this year. Working from the heart is such a powerful process it enables you to tap into more than just yourself and somehow connect to that amazing universal pool of knowledge. When I work from my heart centre I am in the zone and I know I am giving my best. When are you working in your 'zone'?

I have had many experiences in life both personally and professionally where I have found myself pushing too hard, trying to make things happen and there was a lot of resistance around it. Finding the path of least resistance is now one of my mantras. Having clear intent and allowing things to flow rather than feel I have to make something happen is another concept I am working on.

I am attracting vocational opportunities where I can work within the zone. Energy is flowing towards my intentions in being a Coach and helping other Coaches grow a sustainable business through CoachIntel™.

As we help our Coachees to reflect, be clear of their intentions and find their zones – it is a great reminder for us to practice what we preach. Combine your own reflection, intention and working in your own zone and see what you can create...have fun with it!