

Bringing the Feminine in Coaching

Course notes session 4

Riding the waves of Shakti





Shakti

Shakti is a Sanskrit word for the energy that creates life. It's one of the names of the Goddess, or one of the Goddesses names. It's a word that points to the creative energy that shapes everything we see around us, through the forces of nature and through ourselves.

When we want to help our clients make changes, we are inviting that Shakti energy to start creating other forms, other expressions in our clients lives.

And so, it's not an 'on-off' switch, where if we only say the right things, in the right order, the change will happen for our client.

It's more like a river that is flowing that needs to reshape its riverbed, or an avalanche that needs to calm down, or a murmur of birds that needs to change the patterns of its mesmerising flight.

In Soul-based Coaching, we are offering our client the chance to make their change happen in exactly the way that suits their body/mind/soul system, and their metaphors, best.

Some changes come as a flash of insight that changes everything, like lightning striking. Some changes are hard-worked, step-by-step, climbing the mountain kind of changes. Some will learn to sing a different tune.



There are as many ways to make change happen as there are clients (and no two changes for a client happen in the same way either).

So how do we guide our clients towards a change when we don't know how that change will happen for them?

Follow the metaphors

The first thing we do is that we follow the Desired Outcome metaphors of our client.

When Shakti comes through as 'I want to swim to the island', it will be a different journey than when it's 'I want to look the tiger, that I am so afraid of, in the eye', or 'I want to break down the wall that's between me and what I want'.

When you follow the metaphors, the change that wants to happen can start to come forward.

The Framework for Change

In Soul-based Coaching, we also turn the order that we work in upside down, in comparison to other coaching approaches.



We start working with our clients Desired Outcome – the thing they want to achieve, reach, be more of.

The way we get clarity on this, is to ask ‘And what would you like to have happen?’ and then listen to the exact words people say.

When they express a desire and it’s something they want more of, you have a Desired Outcome to work with.

These are Desired Outcomes:

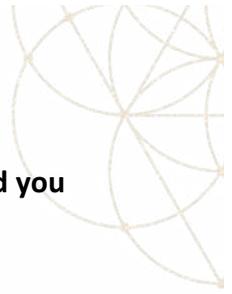
- ‘I want to fly into the sunset’
- ‘I want clarity about what role to choose’
- ‘I am longing to set myself free’

These are not:

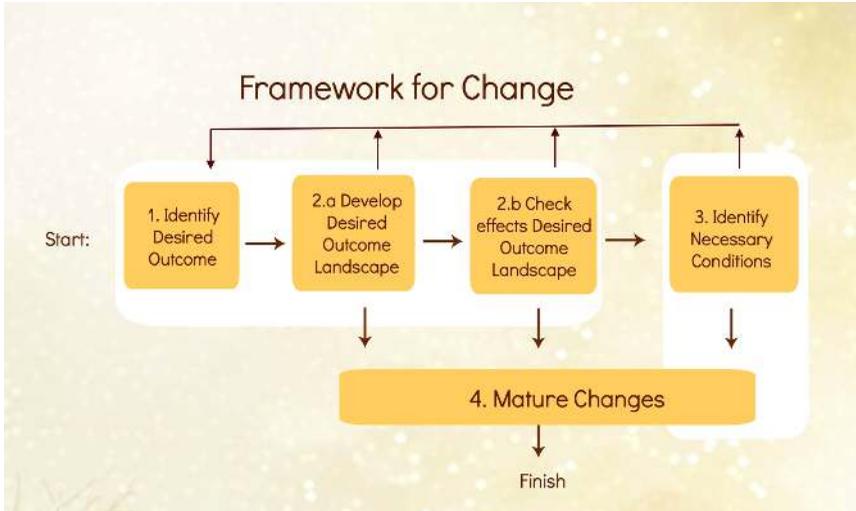
- ‘I want to get rid of the pain’
- ‘I just need him to stop being so noisy all the time’
- ‘I hate being overweight’

If you don’t have (resourceful) words to ask about, you don’t have a Desired Outcome yet.

This comes with some extra things to pay attention to, that we cover more deeply in Invoke, but for now, this is enough to check if you should continue to explore in the SBC way.

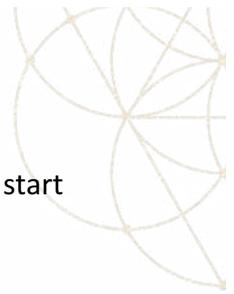


If not, try asking: **‘And with all of that, what would you like to have happen?’** in a soft, curious tone.



In the Framework for Change, you can see that we first spend - a lot of – time helping our clients embody their Desired Outcome in a metaphor landscape.

Helping them build the experience of what they would like, right here and now. Their system can't tell the difference between what's happening 'in real life' and what is happening in their mind/body/soul 'only'. So the neural connections are created that go with this Desired Outcome state. Adding to, or overwriting the old patterns and wiring.



In many cases, doing this is enough for changes to start happening.

We will also check the effects of their Desired Outcome landscape, an ecology check of the change they think they want.

And we may check in with the necessary conditions for their desired change to happen, if the change hasn't started to unfold yet.

Along the way, we may bump into problem-aspects, parts of the system, that are not aligned yet with what the client wants now. Usually, they are either outdated, or have important medicine to offer the client.

So we will help our client integrate and update these parts, until everything that is relevant for this change, is aligned internally.

When that happens, we help strengthen and mature those changes, so that the new 'wiring' becomes strong and sustainable.

Over time, we will check in with our client to see that this is indeed what's happening, and no more 'loose ends' turn up.

And that's when the change they wanted has become reality.



We can't cover all of the framework for change within these six weeks, but it's important to see the value and power of 'just' helping people create and strengthen their desired outcome experience.

Helping people create resources (for example with the '... @ my best' exercise for relevant topics), is an incredibly powerful way to help them create more of what they want in their lives.

A small example:

I had a short conversation with an entrepreneur friend, who was experiencing a phase of less work coming in. She was fretting about this, and anxious, and throwing everything she had at this, but without results so far.

In 15 min, I helped her develop a desired outcome metaphor for 'When money was coming in exactly as she'd like it to be'. She knew immediately: it was like sitting in a warm bath, a hot tub.

I asked a few more questions and she didn't just have a very clear image, she really felt like she was sitting in THAT hot tub. And I explained that sitting in that hot tub (real or imaginary) every morning, before she started her work, would be a great way to bring that energy into her days.

On that same day, she had a business meeting that she had been worrying about. But she went in, sitting in the



hot tub. And the meeting went very well, resulting in paid work coming her way.

Having a strong resourceful metaphor like that isn't always enough to make the full changes a client want happen, but it will definitely empower your client to start operating from the perspective where what they want is already part of their life in some way.

(Because it is, it's wired into their system now.)

And that changes how your client shows up, thinks, feels and takes action. Plus, clients change their energy field, and I have seen way too many examples of how that changes how the world responds to them too.

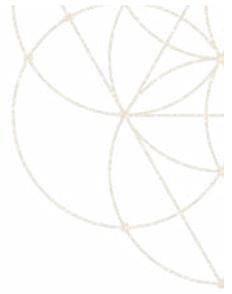
So, this is the first stage of Soul-based Coaching in action:

Go and help your clients develop resourceful metaphors!

Resourceful metaphor prompts:

When you are ... at your best, it's like what?

When ... is exactly as you would like it to be, it's like what?

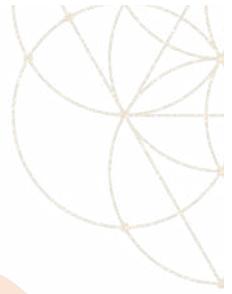


Exploration:

What actions would you like to take?

- Holding Space
- Metaphors:
 - Draw your own metaphor
 - Repeat the 'And what would you like to have happen' exercise and continue the exploration - as a client, share what you know now from your drawing.
 - Reflect: what difference does this make for you?
 - Do the "When you are .. at your best, that's like what?" exercise with a client or use 'When ... is exactly as you would like it to be, it's like what? Help them embody this (which means they need to really become aware of the locations: Ask lots of 'where?'). Then weave it into what you normally do. Focus on resourceful parts.
- On portal:
 - Video on 'Chow change happens

And enjoy!



The Clean Language Questions (3)

Desired Outcome:

And what would you like to have happen?

Attributes:

And what kind of [...] is that [...]?

And is there anything else about [...]?

Location:

And where is [...]?

And whereabouts is [...]?*

Relationship:

And is there a relationship between [...] and [...]?

And when [...], what happens to [...]?*

Metaphor:

And that's... like what? (slow down)

Sequence:

And what happens just before [...]?

And then what happens? / And what happens next?

* These questions are not taught as part of this course