

## Extra Ordinary Living

### Coaching Definition

***Coaching is: inspiring an individual or team to produce a desired result through personalized teaching, expanding awareness and designing environments.***

Here is a brief explanation of the key elements.

**Coaching is inspiring:** Many of us have become accustomed to saying or hearing “you’re not motivated so I am trying to motivate you” which implies a position of pushing, an outside force working diligently to create action. Sometimes a coach serves that role, but if so, it is only temporary, and for a short term gain. A coach’s role is to help you tap into your internal “system” and identify what inspires you. Simply, when you have an inspiration, you act inspired, and when you do, you take action, achieve goals, overcome hurdles, move forward. Motivation is an external, temporary high. Inspiration is an internal glow.

**Produce a desired result:** People hire coaches for a LOT of different reasons almost all of which can be put into a category called "produce a desired result". Clearly that involves reaching a goal or accomplishing an outcome but it is more inclusive and compelling for it is tapping into your inspiration.

**Personalized teaching:** Coaching has a fundamental teaching component and most people hire a coach because they believe the coach has knowledge and experience to share. The teaching that occurs is for the purpose of learning, of applying the information to your life and inculcating it into your day to day living as well as creating your natural learning system that facilitates you living your ideal life. Teaching for the purpose of learning can be contrasted to teaching for the purpose of acquiring knowledge, which has its place in traditional classrooms, more so than in coaching.

**Expanding awareness:** Coaching is about expanding the client’s awareness. The truth is that awareness leads to power (not force) in almost any situation. Human nature is such that we have a tendency to get so deep into the forest that we see only the tree in front of us, or the leaves at our feet. A coach helps you see the forest and establish your own internal radar for being fully aware on a regular basis.

**Designing environments:** A critical success factor for sustaining change, inspiring continued growth and development, and living your best life is taking charge of designing, creating and managing your environment. The physical

space in which you live, the people you “live” with, and the location are all essential supports, actually the foundational supports for your life.

Source: International Coach Federation