

THE COACHING HUB

Podcast Episode 55 - Dancing in the moment : how to be fully present with our clients

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That direction. Hello, welcome to the coaching hub podcast with me. Your host, Ruth could fee if you're a coach or you're coaching curious, this is the place for you. We're going to be talking all things, coaching, pastoral development and business development in a really fun way. You're going to have live coaching sessions and you're going to come away with tools and techniques that you can practically use and take away. If you enjoy this podcast, I would love you to subscribe. And if you really enjoy it, give me a review. Don't sing at the moment. I'd say about you.

My daughter was obsessed with this song called dancing in the Moonlight that I think was fast ahead for top loader, but it's now come back again. So dancing in the moment, what does that really mean? As coaches? We dance in the moment with our clients. And I like to think of it like this. Our clients are the one that leads, which is quite good for me because I am really not the best dancer. So having somebody else to lead and to choose the direction that goes works well for me. So dancing in the moment, ensuring that our clients are the ones that choose the direction. If we're doing the tango, or I'm not really sure how far my dancing analogies are going to last, but if we're doing the tango, if we're really truly dancing with somebody we're in that space, we're in that energy.

And what is so beautiful is that we allow, and they allow our clients to really move forward. And really they choose where we want to go. And we are in this moment where we can be completely caught up in what is going on for them. And when we're caught up in it, we still are present with everything else that is going on with the music, with the light. Our focus is on that client, that client that we are following and listening to and noticing all of the little things that are going on for them when they're on that dance floor and were holding that space to really allow them to enjoy that dance. And you can hear my voice. I think that this is so much a of coaching because so often in our lives, we're not

the dancer we're being led, or we're sitting at the edge wondering when our time will come, when we can really voice what is going on inside us, or if we do not have the words, and this is the power of coaching, because we have somebody there who is really focused on us, they will pick up in our keys and our tonality, what is really, truly going on for us.

So I love this phrase is a phrase from the ICF, but coaching is where we are curious. And we are curious about dancing in that moment with our clients. And when we have that curiosity, envelops, all of what we're being. So it means that we are prepared and aware that we can go deeper and that we can explore what is beneath the surface, because usually we only work with people on surface level stuff. And we only really talk to people about the surface, especially in day-to-day life. I'm fine. Yeah. Everything's great. Does everything really great because the way you say great to me doesn't even sound great. It sounds like you're saying something because you think that's what I want to hear. What if you truly told me how things were, what if you truly acknowledged how you were feeling and what if you not only acknowledged it, but you accepted that as part of you and you didn't feel that you had to wear a mask and you had to pretend that everything was great when everything was in fact far from great.

And that mask that you've been wearing everywhere else has a chance to be taken off and the chance for you to truly explore what is going on and what you are feeling and what you were thinking without judgment. The coach is there to be curious alongside you and to partner with you as you would partner someone when you're dancing, but in partnering, you're not leading, you're alongside them. And you may even be following that direction. And it's like nothing else that I've experienced before. But equally I first started studying business and marketing and management back in the nineties. And at that time we talked about different leadership styles and leadership styles included coaching. And guess what? Coaching, even then the evidence was suggesting that coaching was the most effective leadership style because coaching is not where you give people the solution. It's where you give people the resources to allow them to come to the isolation.

And you give people that autonomy. And when people have autonomy and they feel that they're able to make decisions, the evidence suggests they perform better at work, which is why coaching is becoming increasingly popular in organizations. I know when I was training to be a head teacher. And for those that don't see how a teacher, my bio is, cause I never got there. But when I was training to be a head teacher, we looked at the most effective head teachers. And we looked at studies and guess what the most effective had teachers had a coaching approach. So we can dance in the moment as coaches in the online space as coaches, individuals, or can dance in the moment as leaders, within organizations, as leaders who want cultures, where individuals are valued and won't cultures, what development is at the forefront. And I think more and more the use of

coaching within organizations, not only in the senior levels, the use of pure coaching, not mentoring, not training, but pure coaching is going to increase phenomenally because over the last few years, the importance that organizations are placing on leadership capital and on their staff on thinking more clearly and making better decisions and performing better because ultimately most businesses operate to make a profit.

Most private limited public limited companies operate because they want people, then their shareholders get a return on investment. Otherwise our shareholders leave. So if we know this and we know coaching and being curious and dancing in the moment can help increase performance. You have to ask the question. If your organization is not investing in coach training for that staff and in coaches to come in and support that staff all, they're going to miss a check. Are they going to have a competitive disadvantage? I find this so interesting. If you have enjoyed this and you enjoying the podcast and you were considering becoming a professionally qualified coach, you do not want to miss what is coming up this month on the 18th of April, the coaching

Experience week starts and you get daily training from me. I highly recommend you join, click on the show notes. Thank you for listening to the coaching hub podcast with me. Ruth could say, if you enjoy this, I would love you to join my Facebook group, the coaching community for more of the same.

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