

## Coaching Presence from the Quantum Perspective

The article Understanding the Energetic Principles looks at some of the concepts of the Zero Point Field. If you have not yet read that article, may I suggest that you do so before reading this one. In this article we will begin to explore the significance of some of these effects when considered in the context of coaching.

The coaching concept that we will be exploring in this article is Coaching Presence.

Here is the ICF core competency on Coaching Presence –

**Coaching Presence** - Ability to be fully conscious and create spontaneous relationship with the client, employing a style that is open, flexible and confident

- Is present and flexible during the coaching process, dancing in the moment,
- Accesses own intuition and trusts one's inner knowing - "goes with the gut",
- Is open to not knowing and takes risks,
- Sees many ways to work with the client, and chooses in the moment what is most effective,
- Uses humour effectively to create lightness and energy,
- *Confidently shifts perspectives and experiments with new possibilities for own action,*
- *Demonstrates confidence in working with strong emotions, and can self-manage and not be overpowered or enmeshed by client's emotions.*

What is coaching presence in the context of the Field, and how can we understand and explain this phenomenon?

Let me draw your attention to the article entitled "Begins of Light" in which we looked at the field around us which contains all that we are - body, emotions, mind, spirit - and as a result, vibrates at a resonance and frequency unique to who we are. We are vibrating at our own unique resonance and frequency and are interacting and exchanging information with the Field. We are shaping the Field by our observation and our intent. We are changed by the EM emissions that we create within our own being and by those, which we receive from the Field.

From this perspective we begin to understand that everything we experience, see, and feel is a result of the interconnection and interaction of the Field; us in it, and it on us. In whatever context we are working in as Coach Supervisors and Coaches, it is important that we understand the richness and interconnection of the Field in which we are working.

### **What happens when we begin to build Coaching Presence?**

If we take the concept that each of us has an energy field around us and information from that field and the Zero Point Field is exchanged, then we begin to understand that when two individuals come together and connect, their two fields interconnect and start to exchange information. In this way we read each other's energy field. In the Coaching Supervision situation the supervisor "tunes in" to their client's field whilst keeping their own "stuff" out of the interaction. We do this in much the same way as one might meditate. i.e. by "coming home" to ourselves. Federrer describes this as "being in the zone". From this place of connection with self, one is actually connecting with one's higher self or consciousness, which in turn facilitates our connection with the zero point field and with your client's field. It is in this place/state that deep intuitive connection is established. In spiritual terms one might call it connecting with Love. In coaching terms one might call it Coaching Presence.

In a very real way, when we are working with a coach or client we are creating a third party which is the "working field". It is interesting to note that when two quantum particles connect they form a virtual particle which facilitates the connection and exchange of information between the two respective particles. Once the connection between the quantum particles is broken, the virtual particle ceases to exist and its energy is dissipated throughout the zero point field. It is the dissipated energy of the virtual particles that provides the energy for the Universe.

One might draw the analogy that, when two people come together and work in this way, that a third energy is formed which is the working alliance. I am reminded of the words of Christ in this context, who is reported to have said "When two or more of you are gathered together in my name, there am I in the midst". Is this the energy that is created when two individuals connect heart to heart? i.e. a loving, healing life-creating force which is a transformative energy? If so, what happens when a coaching session is finished? Is this the healing energy that the client takes away with him/her and which supports the work between the sessions? I didn't know, but I throw it out for us to debate and consider. What I do know, is that all the research shows that peoples lives are changed and transformed, not by the methodology of the approach, be it a form of therapy, supervision, coaching, or counseling, but by the quality of the relationship which is created between the professional and the client.

So in this context what is Coaching Presence? What is really happening here? How can we use this knowledge to inform and improve our practice so that we can work at depth and level with our supervisees?

Let us return to the ICF core coaching competencies. As we look at each one we will see that when we are coming from the place of unconditional love and are in the “zone” and the place of coaching presence, all those abilities and properties are a natural result and progression of that place. It is only when we break that connection by coming back into our own “stuff” or ego as some may call it, that we lose that place of presence and heightened awareness. In another words we trip and miss a step in the dance.

We will explore in a deeper and experiential way on this course, how to be in the place of presence and how to support ourselves in the coaching experience when we feel we have momentarily “lost” it - when the “Oh my God, I don’t know what to do here” moments happen!

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