

Guidelines for Authentic Learning

The following guidelines set the stage for a productive coaching session. They are called guidelines for authentic learning because coaching is not about learning the one right way to do things. It is about being curious about yourself and leading positive change your way.

Breaking through recurring challenges and experiencing new things requires learning, and learning requires vulnerability. Mistakes will be made. One mistake we sometimes make is thinking we must figure out things by ourselves. The other is listening to what others have to say more than paying attention to and listening to ourselves.

When a baby is learning to walk, caring adults move sharp edges and obstacles out of the way so, as the baby learns, the mistakes are safer. The following guidelines are like that. They are ideas, or agreements, designed to help you feel comfortable while learning new things about yourself, others, and life.

1. Practice Self-Care and Self-Responsibility; Empower others by allowing them to do the same.

- **Receive this coaching for you.** During our sessions, listen for you, not to help the people you care about or work with. This way, as you grow yourself, you will be able to model and lead by your example.
- You are the leader of the session. If something feels true to you, take it in. If it doesn't, let your coach know. Your coach will help you explore and clarify *your* truth and express it.
- Allow yourself to question, 'What is it that I want? What is it I need'? Then commit to finding ways to experience your answers.
- Set aside distractions.

2. Focus on Positive in yourself and others.

- What we focus on expands.
- Challenges can be an opportunity to grow in self-love and self-expression.
- Engage a non-judgmental "observer's perspective" of yourself, basking in your human magnificence. Being human isn't always easy. You are doing a good job now, even though you want more.

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- Address challenges with a growth mindset. It's time to grow into a new solution and experience.

3. Adopt a sense of **wonder**.

- Hear things like it is the first time, with curiosity and wonderment.
- Perceive with openness the possibility of more, something completely new or a different perspective.
- Encourage yourself to shift the thoughts and emotion of worry into wonder.

4. **Connect with** your heart.

- Notice your thinking mind. Then breathe and bring your focus down to your heart.
- Be present to what is being said, engaging your inner senses.
- Ask and notice, "What am I sensing or perceiving?"

5. Claim & honor innate **wisdom**; the part of you that knows.

- Allow yourself to explore, expand and claim your own truth.
- Speak in "I" statements and reap the benefits of your wisdom.

6. **Share your magnificence**.

- Speak when inspired; share yourself, your truth, and your questions.
- Celebrate your successes, the things that are working.

7. **Open to receive acknowledgements**.

- Acknowledgements, verbal reflections of your value, impact or magnificence, are a gift to both the giver and receiver. When they are fully received, it is a win-win exchange.
- Saying, "Thank you", eye contact, being present and a deep inhale are some ways to fully receive.

8. **Celebrate the Natural Learning Process**. (Seven Steps to Positive Change™)

- All "mistakes" are opportunities to learn. Therefore, you cannot do coaching wrong.
- Life is a work in progress. There is always more. More to learn, more to experience, new ways to do things, and more to create, expand, be, do, and love...**and right now is enough!**
- Awareness with acceptance and self-love is the first and most important step.

9. Maintain confidentiality.

- Your coach will not share your name, details of who you are or your stories. If agreed upon, your wisdom and wonderfulness may be shared anonymously when deemed helpful to others.
- Your coach may review session with a Clear Inner Focus mentor coach to ensure your best support. Mentor coaches will maintain above confidentiality.
- You may share anything you are learning with others.