

The Coaching Arena

An arena, by definition, is a particular area of activity. For example, a football arena is an area where the game of football occurs. Within that game, the teams, the participants, have created agreements by which to play. Without these agreements, the game would be a free for all, and not very fun to watch, or participate in.

The Coaching Arena is an area that we create by mutual agreement, within which the activity of our coaching occurs. Once created, the arena supports us in doing what we said we would do, consistently, with clarity, focus ease and grace. In other words, the arena helps us to live consciously, and to use our energy to create lives and relationships that help us to demonstrate who we are, and to contribute what we've come here to do.

We create this arena by asking and answering four questions:

1. Who am I willing to be in order to produce an extraordinary result from this interaction? *Explained: There are some qualities I am willing to demonstrate in this interaction so we can both make sure we have an extraordinary result out of our session together.*

I am willing to be: (pick 5 each time)

Alert
Appreciative
Attentive
Clear
Compassionate
Courageous
Creative
Empowering
Enthusiastic
Flexible
Focused
Generous
Gentle
Grateful
Joyous
Kind
Loving
Open
Present
Receptive
Supportive
Truthful
Vulnerable

Where did the Qualities of Being come from? The choice of these words comes from a pragmatic search over the past 25 years by Dr. Maria Nemeth. They are chosen for the effect they create. In working with over 8,000 people, she discovered certain qualities consistently evoked spaciousness, contribution, compassion and generosity of spirit. The qualities we use give space for action. These words are not contemplative, they create action.

The first question is a **Call to Being**. Before I DO anything, who am I willing to BE?

2. Am I willing to systematically dismantle my structure of knowing? *Explained: During the session am I willing to set aside the opinions, beliefs, and thoughts that maybe getting in the way of seeing something clearly and instead look, see, and tell the truth?* -- Together we answer YES

The second question is a **Call to Observation**. Am I willing to move into a place of observation, to be a witness to my beliefs, thoughts and opinions, instead of “swimming” in them? Remember, once I SEE it, I don’t have to BE it anymore!

3. Am I willing to be a demand for Coaching? *Explained: Am I willing to be open minded and fully engaged in order to receive maximum benefit from this time together? Am I willing to actively look for the lessons available to me?* -- Together we answer YES

The third question is a **Call to Surrender**. Am I willing to actively look for the lessons being presented to me by life, and not just sit back passively waiting for them to come to me? And once I see and learn the lesson, am I willing to surrender to it, and take action accordingly? That leads us to the fourth question.

4. Am I willing to guarantee that whoever Coaches me will be successful? *Explained: The result of Coaching in this model is always action. Am I willing to see the most authentic action to take? If I am the person being Coached, am I willing to promise to take it?* -- Together we answer YES

The fourth question is the **Call to Action**. Does anyone get confused or have any monkey mind around this question?

As we set the arena together, what do you notice about your energy? Does setting the arena help us to be less distracted by monkey mind and more focused on doing what we said we would do?

You might have noticed that the arena creates an energy that we would want to take with us outside of our coaching sessions. What might our lives and relationships look like if we lived in the arena?