

# ICF on Tour:

Coaching Beyond Boundaries

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## Sessions Abstracts

## The Hara Connection

Experiencing and learning the ultimate connection technique.

The Hara Connection is a super powerful tool to relate to another individual. Coaches listen better and feed their intuition with it. Executives develop a better, deeper connection with their teams.

For anyone, learning to use this connection level is a guarantee of a more interesting life and richer relationships.

Based on developing an awareness of one's presence in the Hara ( Japanese name for the energy center called Dantien in China) and using it to connect, this technique establishes between a speaker and his / her audience a powerful connection that opens wide a powerful channel of communication and sharing.

This session – which was a huge hit in the ICF global conferences in Orlando and London – takes the participant through a crowd exercise followed by one-on-one listening and connecting. Anybody who went through it is equipped for superior relationships to humans, pets and possibly plants too.



## Being a Coach

“Who you are is how you coach”

Being a coach is being a dancer.

Coaching is dancing? Dancing is being in flow, having a relationship and having trust. And then of course there is rhythm, moving and exploring together, having fun making turns according to the music.

You start with a cautious foxtrot. You feel the other, you sense what she wants. As an expert dancer, you'll lead her to look good, to feel good, and you make her shine as she never could have done without you. The knowing is in the body, not in the theory. Not knowing is the essence in dancing. Not knowing ignites curiosity that keeps you in motion together. And that creates room for discovering more possibilities and new moves, for breakthroughs and the unprecedented. It's the dancing, the relationship that produces the unforeseen results of the coaching.



## Challenging Coaching - Going beyond traditional coaching to face the FACTS

In 2012, John co-authored the acclaimed book 'Challenging Coaching' with Ian Day. Since that time, John has presented to thousands of coaches around the world, including delivering one of the most highly rated sessions at the 2012 ICF global conference in London.

His work challenges many of the assumptions of traditional non-directive coaching and introduces the FACTS coaching model. FACTS stands for feedback, accountability, courageous goal-setting, tension and systems thinking. FACTS is a tool for helping coaches challenge others courageously and compassionately. John connects with his audience using a compelling mix of psychological models, board-level leadership experience and practical case studies drawn from his coaching work with over 120 CEOs across 22 different countries, as well as Olympic medalists and sports coaches.

This session will give participants immediate tips and take-aways that will transform their coaching impact, particularly for those working at board level in large, complex organisations. Are you ready to face the FACTS?





## Coach the Soul not the Ego

If you only had one chance to make a profound difference in someone's life, would you coach their Ego or their Soul?

Over the last several years The Law of Attraction has gained worldwide attention. The aim is to become a magnetizing force, attracting into your life the things you do not already possess which will somehow make your life happier and more fulfilled.

Regretfully, for many people this practice has done as much harm as it has good since it is motivated by the Ego's need to attract stuff, rather the Soul's desire to create good for all.

As you already know, coaching the Ego leads to profound disillusionment. Going to the outer world to “get stuff” does not create authentic fulfillment and true lasting happiness.

Luckily there is another way & people are ready for it!

People across the planet have come to a critical point in their personal evolution. They are stepping into a new way of living directed by the guidance of the Soul rather than the demands of the Ego. So as coaches, when we leverage our coaching skills and learn to “Coach the Soul”, we activate one's Soul Purpose and amplify it through service and creation.



How is this different from a traditional coach? It is not different ~ it is enhanced! The C.H.O.I.C.E.™ International Mastery Coaching Model is the world's most effective and inclusive 6 step professional "Coaching the Soul" process for long-term transformational results your clients. The combination of steps create a way of relating and communicating that goes deep and activates the true core of another human being. In turn, the Soul's Gift and internal resources are revealed for an authentic, fulfilled and energized life.

So ask yourself....

- Am I committed to furthering the spiritual destiny of humanity through my own expansion and then serving others to do this as well?
- Do I feel a deep desire to go further with my coaching skills to help others achieve their dreams on a Soul level?
- Am I willing to expand beyond my current point of awareness and open to a new approach to coaching others?

If so, this is for you...

In addition to The C.H.O.I.C.E.™ International Mastery Coaching Model, you will learn:

- How to use the Miracle Formula when coaching for transformational results
- How to create powerful Soul Intentions rather than limited Ego Intentions
- How to use the Language of Soul to activate greater client results