

# Direct Communication

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## Difficult Conversations

- There are not “difficult” conversations. A conversation cannot take on the quality of “difficult”. Difficult is our own assessment of a conversation.
- There are conversations that are difficult for us to maintain

# Assumptions

- They describe how the speaker sees the world.
- They are never true or false
- They can be grounded, but never transformed in truth.... They only become grounded assessments
- They come from a comparison with some standard that we are not very conscious of
- They are related to moods



# Moods:

- Resignation
- Ambition



Both show the relationship we are having with  
the Future...

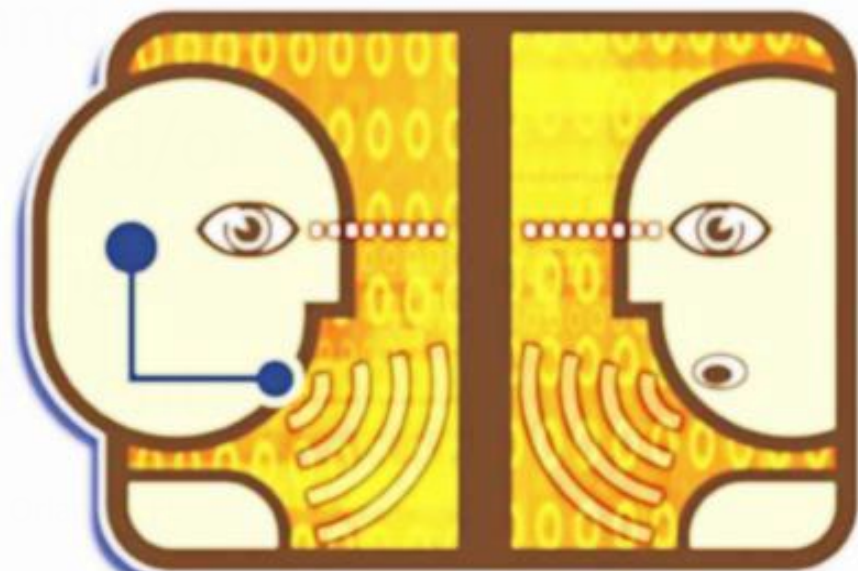
- In order to fully embody the competency of Direct Communication, the coach needs to:
- Be present
- Be authentic
- Be connected
- Be curious
- Be unattached
- Use the client's language or style of speaking







- Be aware of non-verbal communication
- Hold space in the unknown, even when uncomfortable
- Name what is present
- Be clear and concise (bottom line)
- Honor the client's pacing and
- Create a space that serves facilitates the client's learning, growth, and forward movement



## What is at the heart of DC?





# Generosity for:

- Creating Disclosive Spaces
- Differentiating (if we can, between our own assessments and emotions and the ones coming from the client)
- Going to the unknown...
- Moods: and changing of moods

# Direct Communication creates:

- **Disclosive spaces:**
- **The world is not the sum of objects or things; it is the space or light in which things show up.**
- What is the world? The world is what we call a *disclosive space* – a space in which and in terms of which things *show up, make sense, and matter to us*.
- This space is permeated with an “illumination” which, as the German philosopher Martin Heidegger said, gives things their look and people their outlook on themselves.
- But we live in a common sense that blinds us to the world. We assume that the world is composed of objects that are ‘out there’, objects that we form ideas about ‘in here’, in our mind.
- This common sense is blind to the world, blind to the light in which things show up. *This light is hard to see because our attention is drawn to the things that show up in its illumination and not the space which makes the things show up for us.*

## Emotions associated with?

- **The old interpretation**
- **And the emotions created by the new interpretation**
- **VULNERABILITY as the first one to open the possibility of being in contact with the others....**





**WHAT DO YOU  
SEE HERE?**



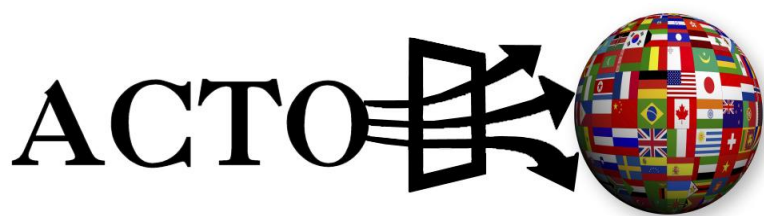




## Outcomes to share:

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- **Direct Communication:** Comes from generosity. This space is created by coach in partnership with the client.
  - **DC** comes from the coach creating a space of generosity, and has a direct connection to the client's developing awareness





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- **Awareness about emotions**
- **Forgiveness**
- **Joy**
- **Systemic Relationships**
- **There are not “difficult conversations”, There are assumptions about the subject**
- **New frame for observing life/ subjects/people**
- **Mood change when it changes the relationship to the future**

