

Beyond Coaching: Thinking in Our Future

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Content

- Where do we come from?
- Where are we heading?
- Sensibilities
- Analysis
- Proposal: The Four Filters
- Activity



Cartesian paradigm labels and fixes human beings in the way of being: " I think. Therefore I am"

Created:

- Cause-consequence model
- Psychological descriptions (including tests)



The Cartesian Paradigm

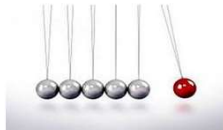
	WILL	WON'T
DO	What will happen if you do "X"	What won't happen if you do "X"
DON'T	What will happen if you don't "X"	What won't happen if you don't "X"



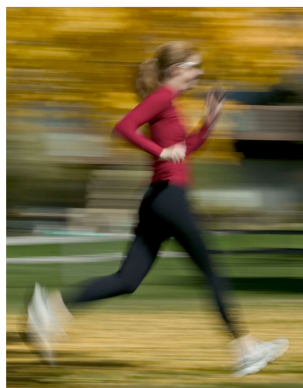
The Cause - Consequence Model

How many times "the action" itself causes the result

Assuming somebody will get the same results I got by doing what I did, is, to say the least, innocent. Isn't it?



doing





We coaches think that people can change as much as they are committed to achieve it. They adapt to the circumstances and the time they have to live in.





Coaches know people can change and/or transform.






And such is life even as an expression of what human beings create through their vision and action...



Walt Disney



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Where are we heading?

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What about a future that we can't imagine today?

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Historicity

Wikipedia: Historicity is the historical actuality of persons and events, meaning the quality of being part of history as opposed to being a historical myth, legend, or fiction. Historicity focuses on the true value of knowledge claims about the past (denoting historical actuality, authenticity, and factuality). The historicity of a claim about the past is its factual status.





How does our
historicity
determine our
future?



If it is so, future is a continuation of the past....





The Transfiguration
Raphael Sanzio



ICF defined 11 competencies; 11 ways of *doing*.

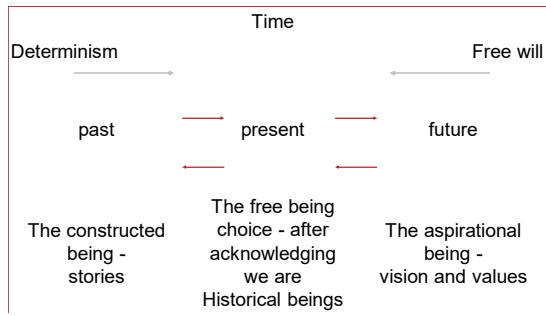
Coaching has moved the historical thinking of coaching as a "divine and transformed gift" into a learnable technique.



on the other hand...



The Existential Framework



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being



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Sensibilities to Develop

- Being able to distinguish, navigate, design moods
- Distinguishing control and acceptance
- Relationship with Future
- Relationship as care

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Constant thinking from choosing or observing changes in the world allows us to create a variety of futures that aren't just the continuation of our past.





What about the way we feel?
Our mood and our emotions?



Emotions

Emotions: directed or triggered by a person, a fact, a thing.



Emotions

- There are no good or bad emotions, positive or negative
- Whatever causes them and the interpretation can be traced back
- They predispose us when taking action



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Moods

Moods: "attunements" to the situation we find ourselves in at any given moment which predispose us to certain actions.

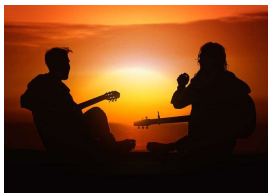
They influence the sense of what is possible and what is impossible.



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Moods

- Identifying them/ diagnosing them, navigating them; designing them
- Relationship with the unknown; "Awe" & "Wonder"
- Influences



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As humans we are permanently taken by a continuous flow of moods that affect our relationships with the present and the future.

Once we acknowledge this fact, we can act upon it.

Taking moods into account, gives us access, for example: acknowledging that we are not in the right state of mind (mood) to make a decision; can also give us the possibility to better asses ourselves before *making the call*.



How do moods and emotions make us feel about...

- Our relationships with others?
- Our relationship with the future and the unknown?
- Our relationship-building competencies?
- Our transactional relationships?





Relationship with Future

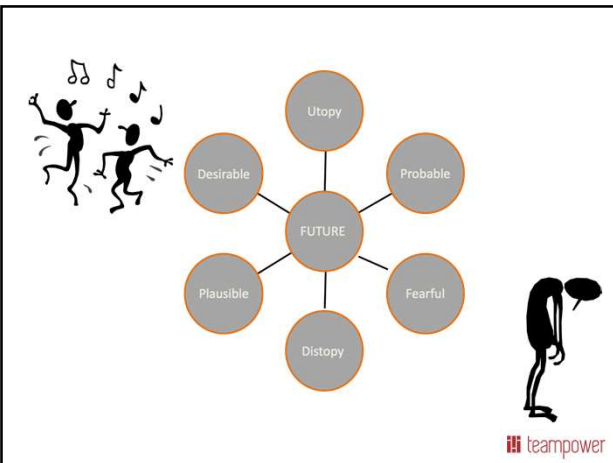


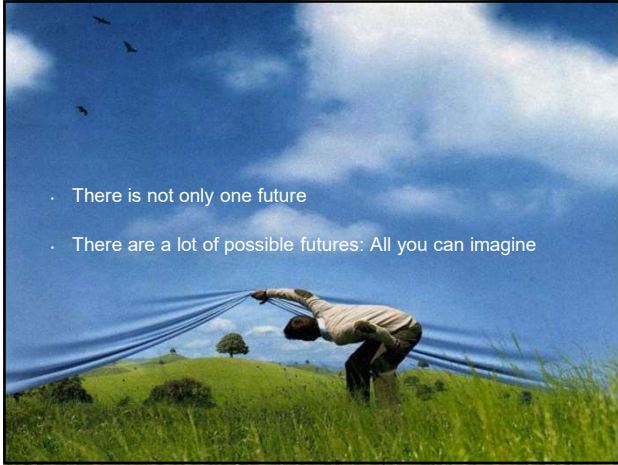
- We relate with future as going to the unknown
- Out of power
- As a continuation of the past
- In coaching sessions: Creating "disclosive spaces"



Openness to Many Possible Futures



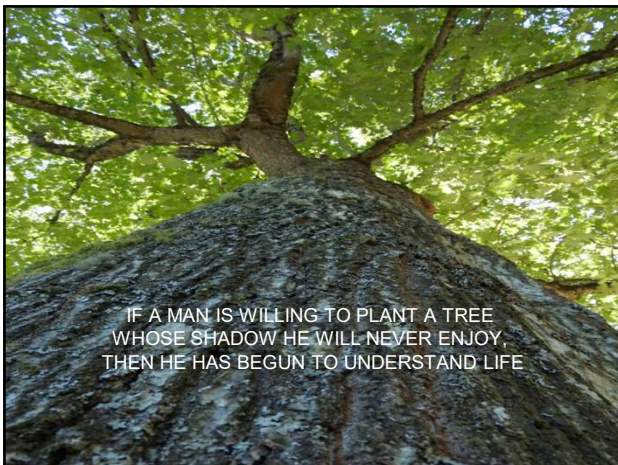




- There is not only one future
- There are a lot of possible futures: All you can imagine



Future as time or as space?



IF A MAN IS WILLING TO PLANT A TREE
WHOSE SHADOW HE WILL NEVER ENJOY,
THEN HE HAS BEGUN TO UNDERSTAND LIFE

Control and Acceptance

- We have been trained to control
- It is a way of covering up fear



Acceptance:

- Circumstances, the others, life, are as they are... We can only change ourselves and our point of view about them



Relationships

- Trading relationships
- Relationships of care



Relationship as Care

- There is no word in Spanish for it.
- You, English speaking people, are the best to talk about "care"
- Care means: You are valuable for me... The base of relationship is love
- Unconditional love: acknowledge "the legitimate other"



Content

- Proposal: The Four Filters



The Four Filters

DESIGN: Competencies AND Sensibilities

Openness to many possible futures, not necessarily linear

Creating Disclosive Spaces with the client

Creating New Worlds

“Let us come from the source, not from the effort”.
Peter Hawkins

Competencies and Sensibilities

Merriam-Webster

- **Competencies:** 1. the quality or state of being mentally competent — compare capacity, incompetence, insanity. 2. the quality or state of being legally qualified or adequate. the *competency*, quantum and legal effect of evidence.
- **Sensibilities:** plural sensibilities 1. ability to receive [sensations](#) : [sensitiveness](#) tactile sensibility 2. peculiar susceptibility to a pleasurable or painful impression (as from praise or a slight) —often used in plural 3. awareness of and responsiveness toward something (such as emotion in another) 4. refined or excessive [sensitiveness](#) in emotion and taste with especial responsiveness to the pathetic



I found a contradiction between our promise of what coaching is, and what happens in general when we train in coaching practice.





As coaches and educators we must ask ourselves: Is it enough to develop “the competencies” so as to properly work with another person to either design their future or to help them adapt to new worlds?

Are we missing something?





How does our own historic baggage influence the client?



Disclosive Spaces

Disclosive Spaces = a space where people can open up and talk because the other person is present, attuned, opened and compassionate.



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Creating New Worlds



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Content

- Activity

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The Four Filters

DESIGN: competencies AND sensibilities	Relationship with ourselves, circumstances, time, and intuition.
Openness to many possible futures, not necessarily linear	A future that isn't the continuation of the past.
Creating Disclosive Spaces with the Client	Contextual spaces. How deep can we go?
Creating New Worlds	Developing sensibilities; the human capability to perceive sensations and respond to a mix of stimuli, developing relationship as a sensibility

"Let us come from the source, not from the effort".
Peter Hawkins 