

# Simone Peer, Inc.

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PROFESSIONAL CERTIFIED COACH - ICF MENTORING/SUPERVISION

## Coaching Evolutionary Progressions:

**from INTUITIVE to INTENTIONAL** - This is about going from getting lucky in your coaching conversations that run on happenstance and the hope that something you say will work into actually and truly knowing why you are saying what you are saying at any given moment in the conversation, along with the intent of the potential for creating new awareness.

Consider the question or reflection that pops into your mind and you feel like it's your intuition pushing you to say it, but you're not sure that it's right and you don't trust that you know that it is.

The difference in this evolution is that when you use that intuition intentionally, you understand why you're intuition brought it to mind in the first place. When you do this intentionally, you really do know exactly why it came to mind and why you it makes sense to say or do what came up for you, along with the precise intention you had for choosing that as your coaching approach.

It's like discovering the accelerator in the car and putting the pedal to the metal then flooring it.

This requires an attentive level of awareness of what is really going on in the conversation. It's about choreographing the conversation as a direct response to every single thing that is showing up. While you are in the conversation as the expert of not knowing, this puts you in as the expert in *knowing how to know*, so that the coaching exchange is such that you actually "know" what wants to happen, where things are leading and then you can address them without an attachment to being right. It is the ability to trust the direction in which the coaching is going and using your skills, wisdom, experience, training, and most importantly trust to move with authority in conducting the conversation, as well as without doubt, nor with apology.

As long you communicate in a coach like manner, you'll always be offering something for them to consider, partnering with them and respecting their wisdom and process.

The "information" does not have to be right, but the movement and the elements that it will spotlight will reveal what needs to be known, so the coachee can move powerfully forward. Stepping into this level of BEing means you can accelerate their coaching process because you get where the thinking and potential to shift is going and what that shift needs in order to get there.

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PREPARING COACHES TO MAKE IT, so THEY NEVER HAVE TO FAKE IT!

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