

Impossible to Possible (continued)

Clients come for coaching for a purpose. They want something they have not been able to achieve alone. A coach provides the deep, powerful questions that evoke memories of the past which provide clues to why we continue our behaviors and stay “stuck.” A woman, who came to me for weight loss initially, is moving into an area of interpersonal relationships with staff and superiors at work. She is creating some excellent actions or steps to engage her staff and supervisors to find solutions. Instead of fleeing from conversations, she is learning to enlist the help of others and delegate. As a result of her recent coaching session where she role-played a situation and “replayed the moment” to uncover her inner resistance, she is now more focused on taking care of herself and losing weight.

We all face challenges. Coaching helps clients respond to their challenges so that they are not paralyzed by them. Feeling tremendous overwhelm, a client contacted me to help her with her inability to move forward. Without realizing it, she had created a vicious cycle of “overwhelm, overeat, and overcompensate.” We designed personal environments—people, places, ideas, and things that could provide her with the assets she needed to overcome the major obstacles in her life.

Many people live for checking off lists. We often feel the way to accomplish something is to make an inventory and mark it complete. There is little satisfaction in list-building; often, it is frustrating as the lists become longer. When I coach, I use recurring actions to help clients get to the results they want. For example, when one woman came to me for weight loss, we looked more closely at her lifestyle. As a film producer, she was on the road more than at home. Nutritious meals and working out were almost impossible for her. She felt that she had to “do it all”—the mom thing, the wife thing, and the producer thing. Even when she was home, she stayed up late to finish laundry, the dishes, and her film projects. We co-created recurring actions that could make her home life easier so she could find time for exercise, a warm bath, and more healthy dinners. We created actions that engaged the help of a housekeeper and her family so she could take care of herself.

Tangible results are what I ask my clients to think about. How can we measure them? How can we hold you accountable? These results are always doable and take into account lifestyle and work schedule. These are outcomes that clients create for themselves; often, the results change based on whether they have reached them or whether the results just aren’t the ones that fit the purpose. One client asked me to coach her because after her recent divorce, her teenage daughter became anorexic and belligerent. Mother longed for family time, at least at dinner, where they could communicate without arguing. Because the daughter had a problem with anorexia, I suggested she seek the help of a psychotherapist for her daughter while I worked with the mom. The teenager worked with the therapist and the mom and I worked on tangible, measurable results which we achieved. Success was reached in several months after coaching!

Is what you are looking to achieve winnable? Is it possible? That is one important ingredient that a coach uncovers in a coaching session. Whatever you long for must be designed so that you can reach it. As a child, I was told I would not amount to much. I had learning disabilities, difficulty with reading, and processing information. This belief strongly influenced my behavior toward schooling until I realized that

“their” perception of who I can become is only their opinion. I could believe “them” or change my belief. It was not easy to transform that belief—thoughts, feelings, and ideas are permanent “reminders” and need strategies to alter mindsets. I believed I could win this

battle and become a successful entrepreneur. I did that...I want that for you!