



Self Coaching...

The Transformational Power of Coaching yourself!

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Imagine having at your beck and call the most extraordinary coach on the planet? Picture the most successful and skilled coach being exclusively available to you. Dedicated to your personal success and well-being and 100% commitment to *your* self-actualisation.

Imagining this now...

How does your life change?

What becomes possible for you now?

Are you ready to start? Would you like to meet this amazing person?

Get up now and walk to your nearest mirror – and introduce yourself to the most extraordinary coach on the planet – you!

Self Coaching is not for the faint hearted. It takes *courage*, *self-discipline* and a *commitment* to your own personal evolution. It takes a willingness to look your self in the face to see what needs to change and ongoing *love* and *support* to move yourself through the change process.

The 7 Keys to harnessing the power of *Self Coaching*

1. Develop a strong sense of Self
2. Utilise essential core coaching skills
3. Develop advanced *step-back* skills
4. Maintain the belief that you have all the resources that you need inside of you
5. Use the *curiosity* of a detective
6. Use the power of paradox
7. Follow your own instructions

Strong Sense of Self

By realising the difference between Self *Esteem* and Self *Confidence* we are able to distinguish our selves as human-*beings* rather than as human-*doings*. We are able to realise that we are more than our skills or lack of skills and that our sense of self-identity is not on the line when we start exploring our skills, behaviours, beliefs, understandings, values etc. We are able to keep our

sense of Self – separate from our abilities and the things we *do* and *achieve* out there in the world.

How fully do you accept yourself?

How frequently do you appreciate and sit in awe of yourself?

How do you feel about yourself when learning new skills and behaviours?

Essential Core Coaching Skills

The same essential skills that apply to coaching another apply during Self Coaching. Being able to effectively question, listen, give and receive feedback and support are at the heart of a powerful Self Coaching relationship.

Take a moment to listen to the voices you use when speaking to yourself...

What is the quality of the questions you are asking yourself?

How effectively do you listen to and make space for yourself?

How constructive is your feedback voice?

How well do you take your own feedback?

Utilising your internal voice like a tuner on a radio, make any necessary adjustments. You may make it louder or quieter, more fierce or soft. Faster or slower...try a number of different combinations until your voice supports and seduces the best out of you.

Advanced Step Back skills

At the core of our thinking system is *self-reflexivity* - the ability to step back from ourselves and view ourselves from an external perspective. In the field of Neuro Linguistic Programming (NLP) we call this being able to step in and out of 'perceptual positions'. Being able to view ourselves from different perspectives.

When we are *inside* ourselves and viewing things from the inside looking out at the world. We call this *First Position*. We often hear people say; '..in my eyes..'

When we are able to step *outside* ourselves and step into somebody else's shoes and see ourselves from this persons perspective, we call this *Second Position*. We often hear people say, '..when I step into their position I understand...'

Truly stepping back is when we are able to be *outside* others, and ourselves and be in *Third Position*. We often hear people say, '...I was able to be the fly on the wall'.

Advanced step back skills include being able to see yourself in the context of a greater system, and be able to detect the structure of an experience. We

call this *Fourth Position*. Often we hear people describe these as; '...being able to see how it fits in the greater scheme of things'

Being able to detect the structure of an experience when you are able to separate the content (story) of an experience, from the structure (pattern of an experience).

How well are you able to separate your own stories and content?
Do your animated stories seduce you or can you step out of them and see the structure?

As a Self-Coach we need advanced *step back* skills to see ourselves from many different perspectives and the behavioural flexibility to be able to step in and out of these positions efficiently.

Step Back Flexibility Exercise:

1. Go back to a memory that gives you much joy.
2. Step fully back into your own body at this time so you are able to look through your own eyes. Take a snap shot of this experience as a movie from this angle.
3. Step now fully into the shoes of one other person in this event, so you imagine being inside their body looking through their own eyes. Take a snap shot of this experience as a movie from this angle. How is your experience of this event different from this perspective?
4. Step now fully out of this person's experience and imagine being a fly on the wall at this event. Take a snap shot of this experience as a movie form this angle. How is this experience different from this perspective?
5. Step back even further now, and reflect back on this event and how it fits into your life? What is different about this perspective?

You have all the resources inside of you

This primary principle from the cognitive science fields of NLP and Neuro Semantics (NS) believes that 'nobody is broken or dysfunctional, that there are only people operating and making choices from the limited resources they perceive they have available to them'.

To be successful in Self Coaching you will need to apply this same belief to yourself, and trust your inner wisdom to connect you with internal resources that you need for a particular outcome and the resources to *step back* and *coach* yourself.

How much do you *trust* yourself to find and develop these skills?
How effective are you at uncovering new resources inside yourself?

Curiosity of a detective

How curious are you about yourself and your experiences in life?
An effective Self Coach will have the curiosity of Sherlock Homes, delighting in the adventure of learning more about yourself.

Power of Paradox

As a Self Coach and while using your advanced *step-back* skills, you will be in the seat of being the Coach and Client simultaneously. You will at the same time be in *First Position* and *Second, Third* and *Fourth Position*. How comfortable are you holding these perspectives simultaneously? What about when they oppose one another?

You know when you are in two thoughts of mind about something don't you? You may say; 'a part of me feels X and a part of me feels Y'. And if we do not have the power to hold two opposing thoughts at the same time we will find ourselves in conflict and unable to move forward. Stepping back to *Fourth Position* will allow us to hold the two thoughts of mind simultaneously as we also see how they operate in the whole system. It is from this perspective we are able to discover the steps, strategies and frames of mind for moving forward.

Power to Follow Your Own Instructions

How effective are you at following instructions?

Do you mismatch and do the opposite to instruction?

Self mastery of following instructions from others and specifically your own is the lever to the degree with which you will succeed as a Self Coach.

Self Coaching Questions

One of our most powerful skills as a Coach is our ability to use questions and deliver them in just the right rhythm, tempo, volume and pitch so that they send our clients to places inside themselves that they have not visited before.

What are the rhythm, tempo, volume and pitch that you best respond to?
How responsive are you to your own voice and own questions?

These following questions developed by L Michael Hall, PHD, are powerful tools to use with others and are essential to a developmental self coaching relationship. These questions by their very nature have the ability to create deep long and lasting changes in the way you, think, feel and behave. But first you will need to learn how to best deliver them for yourself and how to respond to them inside yourself...

These questions by their very design step you back into *second, third* and *fourth* position. From these vantage points you are able to use these questions to uncover new frames of mind and new solutions.

Caution (!)

These questions will change you mind and your life! These questions will create new possibilities and it will take practice of running yourself through these questions until you have developed the behavioural flexibility to do this effortlessly. Have fun!

Best States for Using these Questions

Before asking yourself these questions, step into *first* position and experience the following states: openness, curiosity, patience, unconditional love, acceptance, etc

Self Coaching Questions **Teasing Out Higher Frames of Mind**

1. Meanings: The “ideas” that we hold in mind.

What does this mean to you?

What else does it mean to you?

How much meaning does it hold for you?

Do you know how you came to attribute this meaning?

How well does this meaning serve you?

2. Beliefs: The “ideas” that we affirm, validate, and confirm (also Convictions).

What do you believe about that?

How much do you value that belief?

Do you have any beliefs about that belief?

How have you confirmed that belief?

How strong is that confirmation?

What other convictions do you have about this?

3. Frames: The Ideas that we use to set frame of reference, structures of context in our mind.

What’s your frame of reference for this?

How do you frame this?

How else could you frame it?

What’s the most empowering frame you’ve heard from others about this?

4. Generalizations: The “ideas” that we draw as summary conclusions about things, “ideas” we have about other ideas.

What do you think about that?

What do you feel about that?

What comes to mind when you entertain that thought?

What conclusions have you drawn about this?

How have you generalized from this experience?

5. Realizations: The “ideas” we develop as new insights, understandings, and even eureka experience. (Denis Bridoux)

How does it feel to realize this?

When you realize this, what do you think?

Now that you know, what do you want to do?

Now that you’re aware of this, what comes to mind?

6. Permissions: The “ideas” that we allow and permit which open up new possibilities from old taboos.

Do you have permission to think or feel this?

Who took permission away from you?

What happens when you give yourself permission to experience this?

Would you like to have internal permission for this?

Does the old prohibition or taboo against it serve you well?

As you give yourself permission and notice what happens, how well does that settle?

How many more times will you need to give yourself permission?

7. Feelings: The emotional “ideas” and feeling judgments that we bring to other ideas.

What do you feel about this?

What specific emotion do you associate with this idea or experience?

Framing it with this feeling, does this empower you as a person?

Does this feeling map things in a way that enhances your life?

8. Appreciation: The “ideas” of appreciation or value that we use to frame other ideas.

What do you appreciate about this? About yourself in this experience?

What could you appreciate about this emotion or experience?

If you could stay totally resourceful *and* have this experience, what value would that hold for you?

How much appreciation would you like to have about this?

9. Value / Importance: The “ideas” that we value, treat as important and significant, esteem.

How is that important to you?

What do you believe about that value?

Why is that important or valuable to you?

When you get that value from it, what’s even more important than that?

10. Interest: The “ideas” of fascination, curiosity, interest, etc. that we bring to other ideas.

What’s the most fascinating thing about this experience or idea?

What could you become curious about in this if you allowed yourself?

How do you best like to put yourself into something (inter -est)?

11. Decision / Choice / Will: The “ideas” that we separate and “cut off” (cision) from other ideas or choices so that we say *Yes* to some and *No* to others.

What decision or decisions drive this?
So what will you do?
What would you like to do?
What are you saying to yourself in terms of choosing or deciding?

12. Intention / Want / Desire / Strategy: The “ideas” you have about your motive, intent, desire, wants.

What is your purpose in this?
What is your intent in this? And what is an even higher intention than that?
When you have that in just the way you like it, what do you get from that?
Why is that valuable to you?
What’s your strategy for making that happen?

13. Outcome / Goal: The “ideas” we have about goals, outcomes, desired ends.

How do you want to see this turn out?
What is your preferred desired outcome from this?
What consequences do you hope will come from this?
What is the outcome of this outcome?

14. Expectation / Anticipation: The “ideas” we have about what we anticipate will happen.

What are you expecting?
Where did you learn to expect that?
How legitimate is that expectation?
What is the quality and nature of that expectation? Is it rigid or flexible?
Does that expectation keep you open and curious or demanding and controlling?

15. Connection: The “ideas” we have about our connection with other ideas, experiences, and people.

How connected are you to this idea, feeling, or experience?
What does your connection to this do for you?
Is this connection linked up to your self-definition or identity?

16. Causation: The “ideas” we have about cause, influence, contributing factors, what makes things happen, etc.

What makes you feel this way? Think this way? Experience this?
Does it have to make you have these thoughts and feelings?
Who says? What’s the rule that makes this so?
Does it always work this way?
When has it not caused this? What other exceptions are you aware of?
What are the mechanisms that make it work this way?

17. Culture: The “ideas” we have about our cultural identity, definition of reality, and cultural ideas.

Is this part of your cultural heritage?
What cultural context did you learn this?

What do you think about these cultural values and beliefs?
How well do they serve you?
If you were to pass on a new cultural legacy, what would it be?

18. Presupposition / Assumption / Implication: The “ideas” that we use as higher frames that reflect our assumptive world and understandings.

What’s implied in that statement? How does it make sense?
What are you assuming that enables you to think or feel this way?
How many presuppositions are you running with in order to believe this?
Where did these assumptions come from? Are they from your upbringing?
Are they in the structure of language itself?

19. History / Memory / Referent: The “ideas” that we bring with us about previous experiences and use as our “referential index” for making-meaning.

Does this remind you of anything?
What comes to mind when you surrender to these thoughts or feelings?
What previous examples or experiences have you had that relate to this?
How does your personal history play into this?

20. Rules / Demands / Shoulds / Musts / Authorize: The “ideas” that we use that set up the Rules of the Games that we play out in our lives, the modal operators that generate our *modus operandi* (MO) in the world.

You should, must, and have to do this? Why? Who says?
What creates the demandingness in your statement or feeling?
Who or what is the authority beyond and above this experience that demands this?
What if you don’t? What then? What will happen then?

21. Definition / Language / Class / Categorizes: The “ideas” that we have that set the frames and categories for our minds.

What does this word or term mean to you?
How do you define it?
What emotional associates have you connected with this term?
How would it feel if you knew that this term was just some sounds and didn’t have to be so semantically loaded?
What other definitions could you give to this to make it more useful as a map?
How does this term classify things? What does it mean in terms of the categories that it suggests?

22. Understanding / Know / Knowledge: The “ideas” you have that “stand” “under” you as the mental support for your world.

What do you understand about that?
What background knowledge are you accessing that creates your understanding about this?
What do you “know” about this? How do you “know” that?
What kind of knowledge is this?

In what modality is this knowledge?

What kind of intelligence is this? (Use Gardner's Seven Intelligences).

23. Identity / Identify / Self / Self-definition: The "ideas" we build up about our "self," the ideas we use in self-defining.

Does this affect your self-definition or identity?

How does it affect the way you think about yourself?

What does this say about how you perceive yourself?

Are you identifying yourself with this thought, feeling, or emotion?

Does that enhance your life or empower you as a person? Do you really need to do this?

24. Paradigm / Model / Map / Schema: The "ideas" we have that come together as more complex mappings about things.

What paradigm (model, schema) drives and informs this?

What paradigm are you relying on in your understandings?

How valid or useful is this map?

Would you like to map it in another way?

25. Metaphor / Symbol / Poem / Story: The "ideas" that we form through stories, analogies, and non-linguistic forms.

What is this like?

If this was a color, what color would it be?

If this was an animal, what animal would it be?

What would this sound like if you put it to music?

If you made up a poem or story about this, what would you say?

How have you been storied? Who storied you? What is the story?

Would you like to create a new narrative for yourself, for this experience?

What would a new narrative sound like?

26. Principle / Concept / Abstraction: The "ideas" that we treat as guidelines, laws, settled conclusions.

What is the guiding principle that you hold about this experience?

What concept or conceptual understanding governs this?

How does this principle or abstraction work in everyday life?

Do you have a good relationship with this concept?

If you were to remap this abstraction, how would you change it?

Self Coaching

Inviting Magic into Our Lives

The 'Miracle Question' is an excellent Self Coaching pattern and was developed by Steve de Shazer, We use it here to *step aside* and *out of* one space, so that we can do a *different kind of thinking*. This empowers us to engage in solution-oriented thinking.

'Suppose that tonight after you go to bed and while you're sleeping, a miracle happens, and the things that brought you here were immediately solved - gone like that [snap fingers], and now you have what you have

longed for. Yet, because you were asleep, you don't know and cannot know that it happened or how it happened. How will you discover that a miracle happened? How will your loved ones know? What will be different? What will you notice?'

How to Play with this Coaching Pattern:

1) Identify something you would like to change

What prevents you from getting on the highway of life and living in a vital, happy, and ferocious way? What holds you back? Make a list of all of the words and beliefs that arise. Or, think about some *conceptual category* that you don't like. Use the sentence stem:

'I don't like (cause, time, relationships, justice, power, dependency, independence, manipulation...) Or, 'The category that really rattles me is...

2) Identify your beliefs-about-beliefs. (Use higher frame of mind questions)

What do you believe *about* that problem? What does that mean to you? What other meanings do you give to it? And what do you believe about those? And so on...until you get it all out.

3) Sketch out the higher-level structure of the experience. Use higher frames of mind questions

And what do you believe about that? What does this mean to you? What else does it mean to you? What is important about that? What do you think and feel about that?....Keep going until you get it all out.

4) Run an ecology-check

Does this kind of thinking-feeling about that help? Make things better? Empower you as a person? Have you had enough of that?

5) Imagining the night of the miracle.

Close your eyes. Imagine its night and you've gone to bed. Suppose that tonight something special happens... a miracle happens... and tomorrow you will wake up thinking-and-feeling in a completely different way... Take your time to do this thoroughly and vividly.

What thoughts-feelings, beliefs, and states do you need to explode into tomorrow with grace, power, love, passion, confidence?

What state would this state presuppose?

What supporting meanings/ beliefs would empower this? How would you represent this?

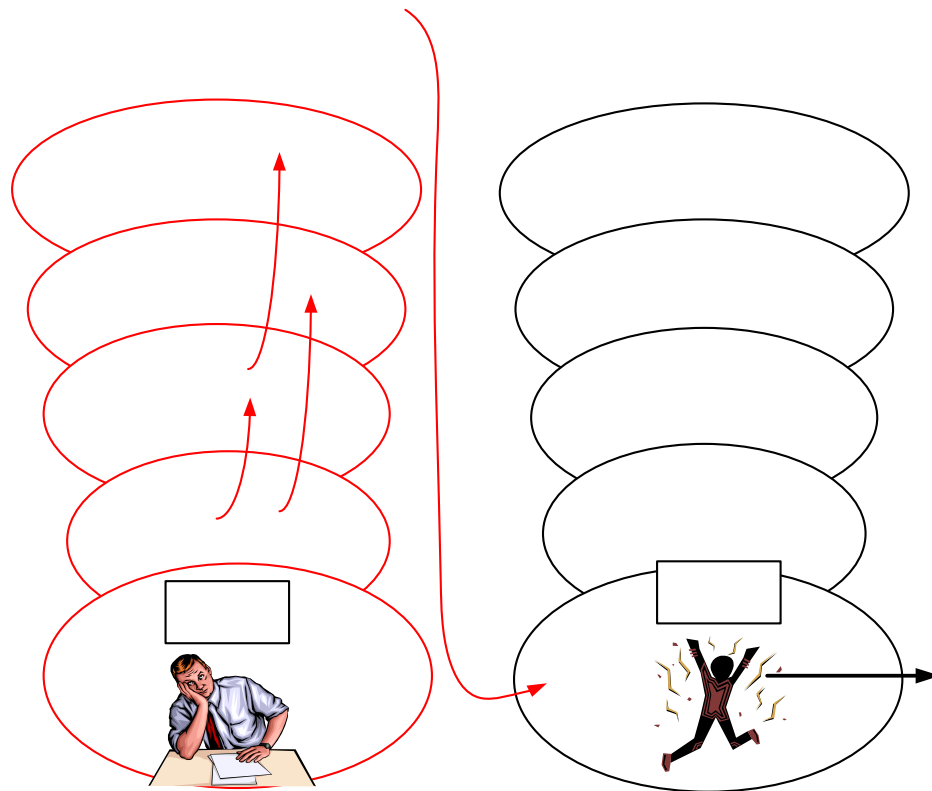
When you are ready... I want you to open your eyes, move to this other chair... move to the chair of the day after the miracle...

6) Describe the day after...

If this was indeed the day after the miracle, how would you know?
What would be different? Describe this day after the miracle.
Who would be the first to know?
What would that person notice? Describe your behaviour, your voice,
your energy, your posture, your body language.
What belief would support this?
What values would support this?
Who will you be from here on?
What is the guiding principle that you hold about this?

7) Confirm and future pace.

Do you like this? Do you want to keep this?
Now go out into the future, into a situation and stepping into your
shoes and looking through your own eyes, describe what is going on
for you. Repeat with 2 other different situations.



To learn more about the power of Self Coaching, please contact
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