

NATURE COACHING

A young girl with dark hair and bangs is looking intently at a large, bright orange and white goldfish in an aquarium. The background is dark, and the lighting is focused on the fish and the girl's face.

Competency 5: Maintains Presence

5.1: Coach acts in response to the whole person of the client (the who).

5.2: Coach acts in response to what the client wants to accomplish throughout this session (the what).

5.3: Coach partners with the client by supporting the client to choose what happens in this session.

5.4: Coach demonstrates curiosity to learn more about the client.

5.5: Coach allows for silence, pause or reflection.

A woman with long dark hair is sitting at a table, focused on painting a watercolor landscape. She is using a brush to apply paint to a piece of paper. On the table, there is a watercolor palette with various colors, a small jar of paint, and some brushes. The background is slightly blurred, showing a bookshelf and some other items on the table.

Relaxed Concentration : focus without trying too hard

The Inner Game by Timothy Galloway

- Self 1 (rational mind) VS Self 2 (body, intuitive mind)
- Self 1 mistrusts Self 2 and interferes by telling Self 2 to try hard to pull things off. By trying too hard, Self 2 becomes anxious and so the performance is hindered. If we can quiet Self 1, we will realize that Self 2 knows how to execute the skill and doesn't need to try hard. Yes, some effort is required but it doesn't need to try hard.
- **The trick : quieten Self 1 by occupying the mind with what is actually happening rather than what Self 2 needs to do to execute the skill.**

<https://www.runbritain.com/training/runsmarter/relaxed-concentration>

HERE & NOW

https://www.youtube.com/watch?v=TCscU0AAuAE&list=LL5nutlx_Neoy_gWFdKIWFcg&index=7

BODY SCAN

<https://www.youtube.com/watch?v=z8zX-QbXIT4>





Thank
you

