

INTEGRATIVE LEADERSHIP INTERNATIONAL

"Helping individuals and organizations become integrated."

Lessons on the Path:

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“Integrative Inspirational Coaching”

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OBSERVATION:

A couple of months ago I was a participant in an exceptional coaching program (Destination Coach) by Inspirational Coaching International. Currently, I have elected to move through an accreditation process through the University of Strathclyde in Glasgow, Scotland. My intention in taking the program was to strengthen my coaching capability and to find a meaningful program to offer through the University of Saskatchewan. I would like to share my emerging theory of practice of integrative coaching for life and leadership

Coaching is an invitation for a caring, courageous, and confidential conversation allowing the client to address their needs explore all the potential and expanded possibilities of who they are and could be, and define goals and ways to move forward toward their ideal Selves and their desired future. It is a client centred, dynamic process that values holding the loving /trusting space for the client; empathic listening; and insightful, reflective and powerful questions. Integrative Coaching is about developing whole people who become whole leaders who create whole families, teams, organizations and communities.

A coach needs to be very clear on his/her intention to be of service by helping clients to help themselves. A coach can only coach to the level of his or her own self-awareness and consciousness. Coaches must do their deep inner work on their own personal journey towards wholeness and integration to prepare them to be of service for others. It is the coach's presence, being fully aware in the present, inviting in the light and love, and resonating life-giving energy that creates the sacred space for the client to become real. Great coaching is sourced from the heart and soul and becoming a real human being really is the primary coaching and leadership challenge of our time.

It is a privilege and an honour to be in the presence of meaningful and deep personal change that goes on in conscious, meaningful coaching.

We did a values exercise in the program I attended and this is what came out for me: Lillas's values story, Destination Coach March 17, 2005: "My faith and dedication to my spiritual, emotional, mental and physical growth and well-being enable me to nurture intimate relationship with the Divine, myself, my loving intimate relationship, and all others; to live an authentic life that is true to my higher Self (Ideal) and serve as a messenger of hope, awakening /developing myself and others to the whole (potential) of who they truly are and could be and helping them to do the same for themselves and others."

APPLICATION: Be aware this week in your relationships with family, friends, colleagues and clients, for opportunities to help people to help themselves, by being present, silently invoking the light and love into your conversation, holding the loving trusting space, empathic listening, and thoughtful questioning.

INSPIRATION: "Who exactly seeks out a coach? Winners who want even more out of life." **Chicago Tribune.** "Executives and HR managers know coaching is the most potent tool for inducing lasting personal change." **Ivy Business Journal.** "A powerful question stimulates reflective thinking, challenges assumptions, is thought-provoking, generates energy, promises insight, is broad and enduring, touches a deeper meaning, and evokes more questions. " **Eric E. Vogt, from *The art and architecture of Powerful Questions.***

INFORMATION: Both of the following leadership books have an interactive coaching story woven throughout and invite you to strengthen your inner coach and your ability to coach others: Cashman, K (2003)

Awakening the Leader Within. Hoboken, N.J. John Wiley and Sons. Hatala, R. and Hatala, L. (2005) *Integrative Leadership*. Calgary: Integrative Leadership Institute.

UPCOMING PUBLIC PROGRAMS:

June 14-16 2005: Integrative Leadership: Taking Leadership to the Next Level: Sponsor: University of Saskatchewan, Business and Leadership Programs. Saskatoon, Saskatchewan. Tuition: \$958.00 per person (includes GST). Topic: Experiencing the path of integrative life and leadership. To download a brochure and registration form, [Click this link](#); For more information, call: (306) 966-5492 or visit the U of S website at www.learntolead.usask.ca under upcoming events.

Integrative Leadership: Taking Leadership to the Next Level: Sponsor: University of Saskatchewan: Tuition: \$958.00 per person. Visit: www.learntolead.usask.ca for details: In Saskatoon: November 8-10 2005: February 8-10 2006: June 14-16 2005. In Calgary: November 30-December 2, 2005: April 5-7 2006.

Executive Integrative Leadership: From Good to Great and Great to Grace: Sponsor: University of Saskatchewan, Business & Leadership Programs. Tuition: \$5,000 (+ GST, Meals, Accommodation). Topic: This retreat is an invitation to Senior Leaders, Executives and Managers desiring to experience the path of integrative leadership in depth and in action. Locations: Canmore, AB, Canada: March 20-25 2006 AND Toronto, Ontario, Canada: November 6-10 2006. For more information and qualifying registration, call (306) 966-5492.

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