

Coach as mentor

This is to all of you who have a coach, and to those of you who are coaches, in one form or another. In simple terms, this is about walking your talk... doing as you say... I like to think of it as part of who I am, integrity in word and deed. How are you doing with your integrity? In his book, "From Coach to Awakener", Robert Dilts defines mentoring and the role of the coach as the mentor:

"Thus, the notion of being a "mentor" has come to mean one who engages in the process of both (a) advising or counseling, and (b) serving as a guide or teacher...." (p. 127)

Also in his definition, Dilts suggests: "As advisors and counselors, mentors frequently help others to establish, clarify or strengthen key values and beliefs, often through their own example." (p127)

So, a challenge to you coaches.... Do you walk your talk? How satisfied are you in each of your life areas? What challenges are you facing? What hard truths are you working through? What great things are you creating? How have you connected with your gifts and how are you manifesting your dreams?

Yes... for you non-coaches, these questions may seem large... for coaches who are helping others to live their biggest lives, the life they truly want, these questions are questions that the many great coaches I know ask themselves; that we live with, create from, and more. So, does your coach ask these questions of themselves? How do they walk the talk?

The field of coaching has been flooded with new coaches from a variety of fields: accounting, law, sales, middle school teachers, business people and homemakers. Just as people have joined from all walks of life, there are over 200 coaching schools offering what many claim to be methods that are sure to create a great coach. What are these schools really teaching?

Coaching is great, the field of coaching has opened up tremendous avenues in the world... focusing on greatness, achievement and strengths of those involved. Coaching has been an avenue for me and many others to hold their gifts and beliefs up high... to enjoy their gifts with others... to live the life I want through helping others to discover their gifts and live the kind of life they want.

There are many great coaches out there... there are also a lot of new coaches out there. This is just like any other helping professional field... therapists, psychologists, social workers... some of them doing GREAT WORK! (I can name a few!)... some of them 'working' because it is what they 'learned' how to do (notice, the past tense in learned)...many of which have not or are no longer 'working on their own stuff'. They are no longer or never were working on the very things that you bring to your sessions!

Yes people... integrity, walking the talk.... Coaching is a way of life... not just a side job. Coaching has to do with the coach bringing their best self forward.... Honoring all of their self... continuing on a process of discovery, discovery of self, discovery of others... discovering and creating greatness in their lives and in the lives of all they come into contact with.

Do you coach, or are you a coach?

I offer this as a guide to those who want to mentor more consciously, whether it be in the capacity of a coach, consultant, or even as a co-worker and parent... (yes, us parents are ALWAYS modeling for our children... what examples are we showing them? That's a whole 'nother article!)

Through the great lense of NLP (link, what is NLP article) [What is NLP?](#)...it has been learned that when supporting and advising others, great mentors operate from the following beliefs:

- 1. When people want something and believe in it enough, they will find the way to make it happen.*
- 2. The most important thing I can do is to help people believe in themselves and value what they are doing.*
- 3. At their core, all people are positively intended. Having the appropriate values and beliefs is the the foundation for being able to express our positive intentions in the most effective and ecological manner.*
- 4. This person will be able to naturally *discover and establish empowering beliefs and *discover values appropriate * to them with attention and advice from me.*
- 5. One of the best ways to advise others is by being an effective role model.
(this denotes words I have added to a great formula provided by Dilts. My efforts are to honor the individual and their values, rather than holding that some values are more 'appropriate' than others)

Coaching is a rising profession, with coaches being available at various stages of their own personal and professional development. As a mentor, and a coach, it is our role to help others through guiding them to establish, strengthen and align with empowering values and beliefs, often through our own example. It is up to us to Be coaches...Live as coaches... not just to coach.

For more information about "Coach to Awakener", visit Robert Dilts website at www.nlpu.com

For more information about how you can walk your talk, see "Buff it Up" on my resources page <http://www.trulyhumancoaching.com/resources.aspx> or write me directly at jim@trulyhumancoaching.com