
What Is Relationship Coaching?

(Feb 05) Relationship coaching is a field that likely started when the first shaman or priest talked with the first "couple" or partnership concerning their relationship, how they relate to each other and who they want to be! In more recent times, the field of "family therapy" has blossomed with the onset of such areas as systems theory, interactional theory, NLP and more. Recently, the field of coaching has adapted (as we do) and adopted a "stance" on coaching relationships, below is a brief outline of what you can expect from "relationship coaching".

Relationship coaching is the art and science of co-actively working with individuals, couples, partnerships and teams toward mutually defined goals. Relationship issues affect people everyday...such issues might include communicating thoughts and feelings clearly; the ability to relate well at work; creating and maintaining intimacy; conflict within a relationship or amongst team members, changes in current relationships (promotions, lay-offs, birth of children, the shift from parenting children to teens, teens leaving the home, etc...).

Relationship coaching is the daily practice of creating conscious and intentional relationships with all aspects of oneself, all aspects of others and the larger world. Relationship coaching derives many of its beliefs and principles from the areas of Co-Active Coaching™, Systems Theory, Process Work, Taoists and Buddhist teachings, empirical research (John Gottman) and interest based bargaining.

In relationship coaching, the coach joins the system to reveal the true nature of the system to its members, in order for the members to become response "able" to better perform the tasks of support, regulation and nurturing. As the coach joins the system, the relationship becomes "the client" as the third entity and work is performed to discover in the process of unfolding what is and what is trying to occur in the system.

Some of this may sound foreign to some of you, let me end by saying relationship coaching is for those people in relationships who want to communicate more effectively, resolve issues with less frustration and turmoil, increase intimacy, increase satisfaction or to simply make a good relationship a GREAT relationship!

Interested? Curious? Want to learn more? I will be presenting at 3 locations in February regarding relationships.

