

#### Coaching at Work Annual Conference 4<sup>th</sup> July 2018 Holiday Inn, Bloomsbury, London

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# THREE WAKE UP MOMENTS

Love the Lineage and Change the Game

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#### origins of coaching SPORTS COACHING



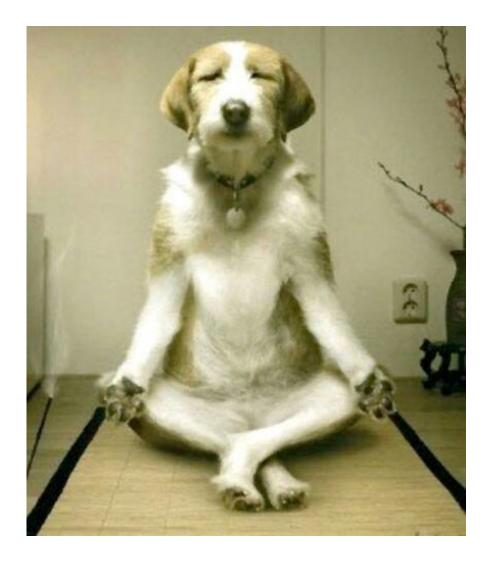
### Origins of Coaching PSYCHOTHERAPY AND COUNSELLING



# I Started Very Young...



## A Corporate Contemplative



## Three Wake Up Moments



# Wake Up 1: Keeping Pace



#### Wake Up 2: Master Coachee



## Wake Up 3: Roll It All In



# How Am I Altered by This?

- The practice of not knowing
- The practice of bearing witness
- The practice of compassionate action

# Future Wake Ups?

- Crowd coaching?
- Personal Coaching Avatar?
- Biometric feedback coaching in real time?
- Moving the way of EAPs?



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