

Coaching at Work annual conference – 4th July 2018, London

# Innovation and Creativity in Coaching and Mentoring

Coaching  
at Work

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

July 2018

CLAIRE GENKAI BREEZE

# 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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