

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  
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# **“SACRED LANDSCAPE”**

**with**

**Karyn Prentice and Elaine Patterson**



## SACRED LANDSCAPE

- Our Sacred Landscape is a language and a lens to free our creativity
- Inner and outer landscapes meet for creative insights - to find ourselves and get beyond ourselves for new insights
- The Seasons open us to different and wider kind of attention and wisdom
- Nature seen as a partnership and resource for ourselves and our work with our clients





Think about your business, your practice or  
your life....

...and feel your way into a question, worry or  
opportunity you would like to spend a little  
time working through right now...



## ESSENCE OF **SUMMER**

- Working from the heart
- Ripening and maturing
- Partnership/community/relationship
- Laughter, humour and play
- Red hot and full-on activity



## SUMMER QUESTION

- What in or around your question is flourishing or mature right now?
- What needs warming up or talking out with others?



## ESSENCE OF **LATE SUMMER**

- Savouring what you do
- Taking stock
- Harvest the abundance
- Preserving resources





## LATE SUMMER QUESTIONS

- What roots you yet keeps you supple?
- What might you savour from this year, so far that can help you bring some needed appreciation in relation to your question?



## ESSENCE OF **AUTUMN**

- Deep gratitude and honouring
- Refining, defining with precision
- Letting go of habits, assumptions
- Wise pruning as a life affirming activity



## AUTUMN QUESTION

- What needs pruning or clarifying to take you closer to a response to your question? Is it the right question?
- What needs letting go and what needs honouring ?



## ESSENCE OF **WINTER**

- Reflection and germination
- Deep strength and inner wisdom
- Courage in adversity
- Setting limits
- Capacity to persevere and be patient



## **WINTER QUESTION**

What does your wisest self know about this question?

What do you need to be patient with, at least a little bit longer?



## ESSENCE OF **SPRING**

- Seeding new ideas
- Awakening creativity
- Initiating energy
- Fresh possibilities and new commitments
- Emerging from hibernation



## **SPRING QUESTION**

What new thoughts or seeds of potential might be arising?



Invitation to share with your neighbour  
one thing for you that has arisen as you  
went around this cycle as a process?



# 5 Seasons cards

