

# MASTERLEARN COACHING PHILOSOPHY

NEWSLETTER



## COACHING FOR METACOGNITION

Coaching is one of the most effective pathways for awakening metacognition. It's the art and science of transformation, adaptability by nature.

In a session, there are three dimensions a coach is to operate within: the client's universe, the coach's universe and combined environment generated from interaction. Neglect of any of the three results in a diffused, shallow client experience.

Coaches who ignore their own universe may find difficulty accurately observing their clients' energetic shifts, tonality, body language cues or other information signaling expression.

A keen coach can notice a nod or eyebrow move and hone in on that with a question, "I noticed when I said that, your eyebrow raised. What did that stir in you?" This Q could be the route that sparks a realization. Coaching excels at helping people have deeper, embodied experiences, to grow more in touch with the truth housed in physicality.

A well-timed question provokes idea expansion. What was once doubt can become possibility by framing a subject differently. That can be just enough for a client to graduate to a new level of resilience amidst turbulence.

How can you perceive and empower another's somatic experience and be incapable of beholding your own? A solid coach training program will invest in exercises that sharpen intrapersonal intelligence, the type that leads to greater knowledge of self, the precursor to adaptability.

Coaching's skill set versatility allows for one to commit to it as a profession or become a layered capacity, enhancing an existing role. It's more of a Way than a What, a How over a Who.

This targeted self-inquiry, observing one's thinking and feeling while in the moment, sharpening interpretation of that information: this all can be developed from high quality coaching.

