

# Coaching Profession:

- Coaching vs counselling distinctions?
- Fulfilling a spiritual need? Meaning, values & sense of connection...
- From 'disease' to 'healthy' to 'potential' in therapy.
- Unexamined 'life not worth living' origins
- Direction of change? Both ways - psychology catching up with societal needs...
- Stressed out managers need help - from 'top performer' / remedial coaching to 'something for everyone': Potential + Development
- Pull from people... who want purpose + growth
- Need or deserve from coaching...
- Individual values are being challenged - need to be able to talk:
  - Shift towards 'Systemic' coaching
  - Synthesis of different approaches.
  - Context of Environment;
  - Pilgrimage - or call for emergence

Evolutionary  
Respectful

1  
B B  
Reductionism

A(C)  
Science

Rationalism

Efficiency

Achievement

2  
Mystic  
Flight  
B

C(A)  
Consciousness Religion

Romanticism

Imagination

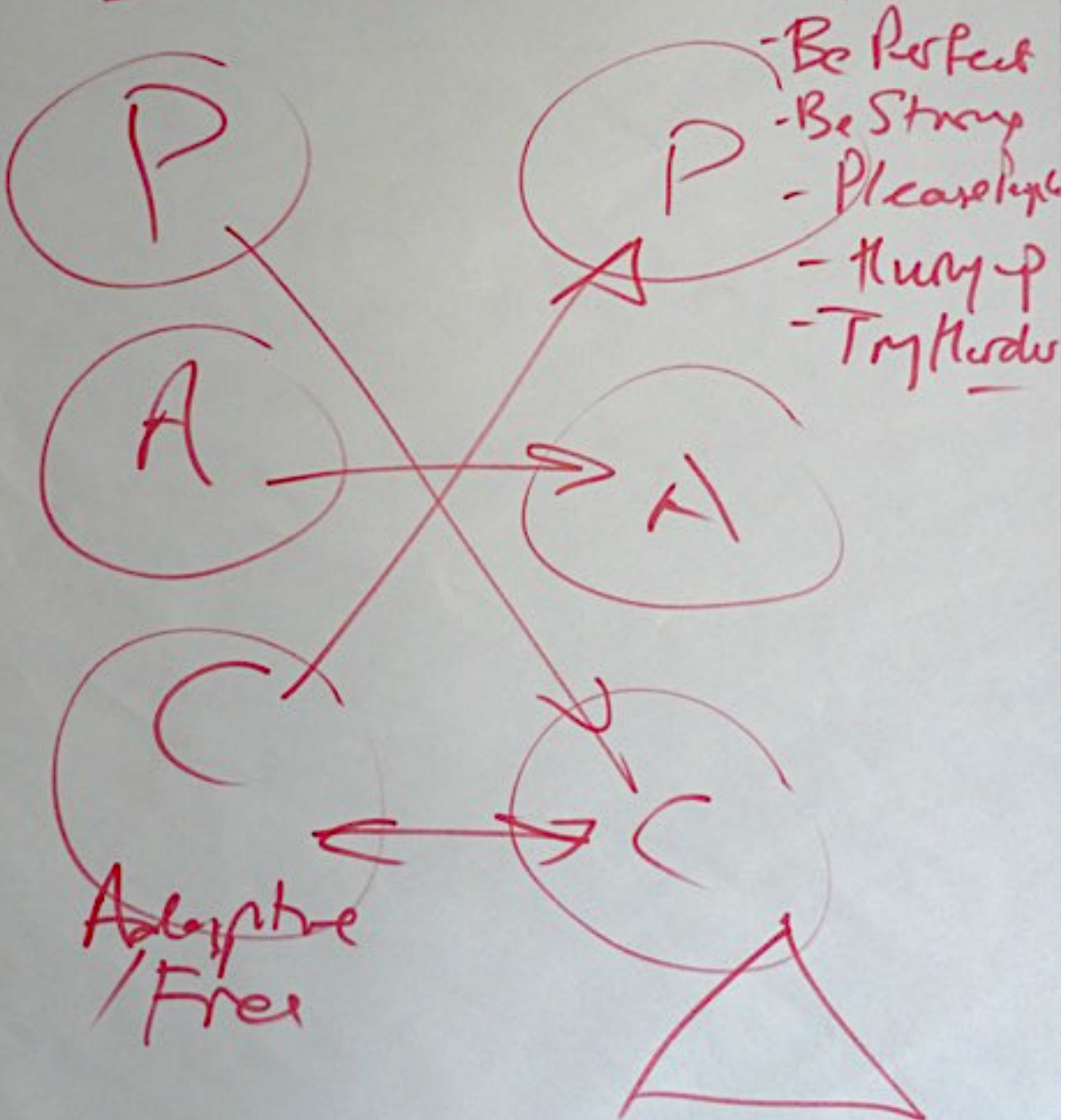
New Age



# Personal / Humanistic Psychology.

- Whole person
- Maslow
- Carl Rogers
- Rollo May
- Victor Frankl
- Unconditional positive regard - Person Centred
- Peak Experience & Self-actualisation
- Positive Psychology
- Hierarchy of Needs
- Belbin
- Transactional Analysis (Berne)
- Gestalt (Fritz Perls)
- Esalen + Human Potential Movement
- NLP modelling
- Clean Language
- CBT
- Hygiene Factors?
- Theory X + Y
- Coaching
- ///
- ///
- ///
- EST
- Exergise
- Insights
- Life Training
- T-Groups

# Ego-States Model



# Gesalt

Change cycle

Part + whole

Personal responsibility

Here & now

Complete cycles / experience

Awareness

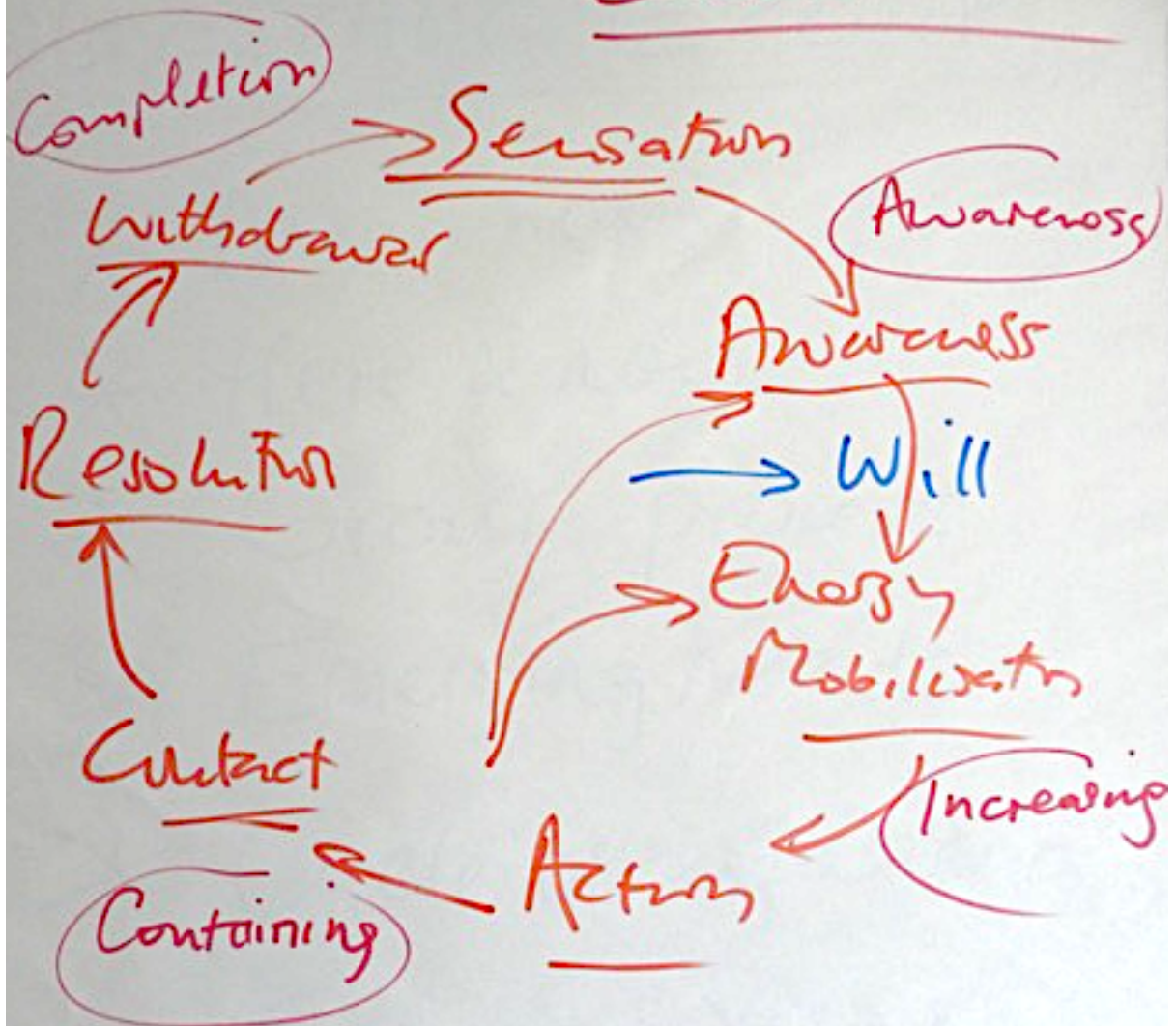
Process

Closure

Presence



# Edwin Mevis



# GESTALT GROUP

- \* Awareness
  - \* Here & now
  - \* Group process
  - \* Emerging needs
  - \* Cycle of experience
  - \* Energy \* Field
- 30 mins

Martin Seligman

C3 . . . . .  
(Flow)

VIA

Happiness

G S F

C.A.P.P

Strength score

Pleasurable life

engaged life

Meaningful life

STRENGTHS BASED



Wisdom  
+  
Knowledge

|||| | |||| | |||| |

Courage

|||| | |||| |

Humanity

||||

JUSTICE

||||

TEMPERANCE

TRANSCENDANCE

|||| | |||| |

# Neuroscience

## Neuropsychology

- Rock create model

- Andfulness + N/5.

- Right + Left Brain

- Brain stuff

- Neuroplasticity

- Paul Brown

- Daniel Kahneman

- Bias + Distortion

- Not rational

- Memory distortion

- Automatic versus deliberate

VS

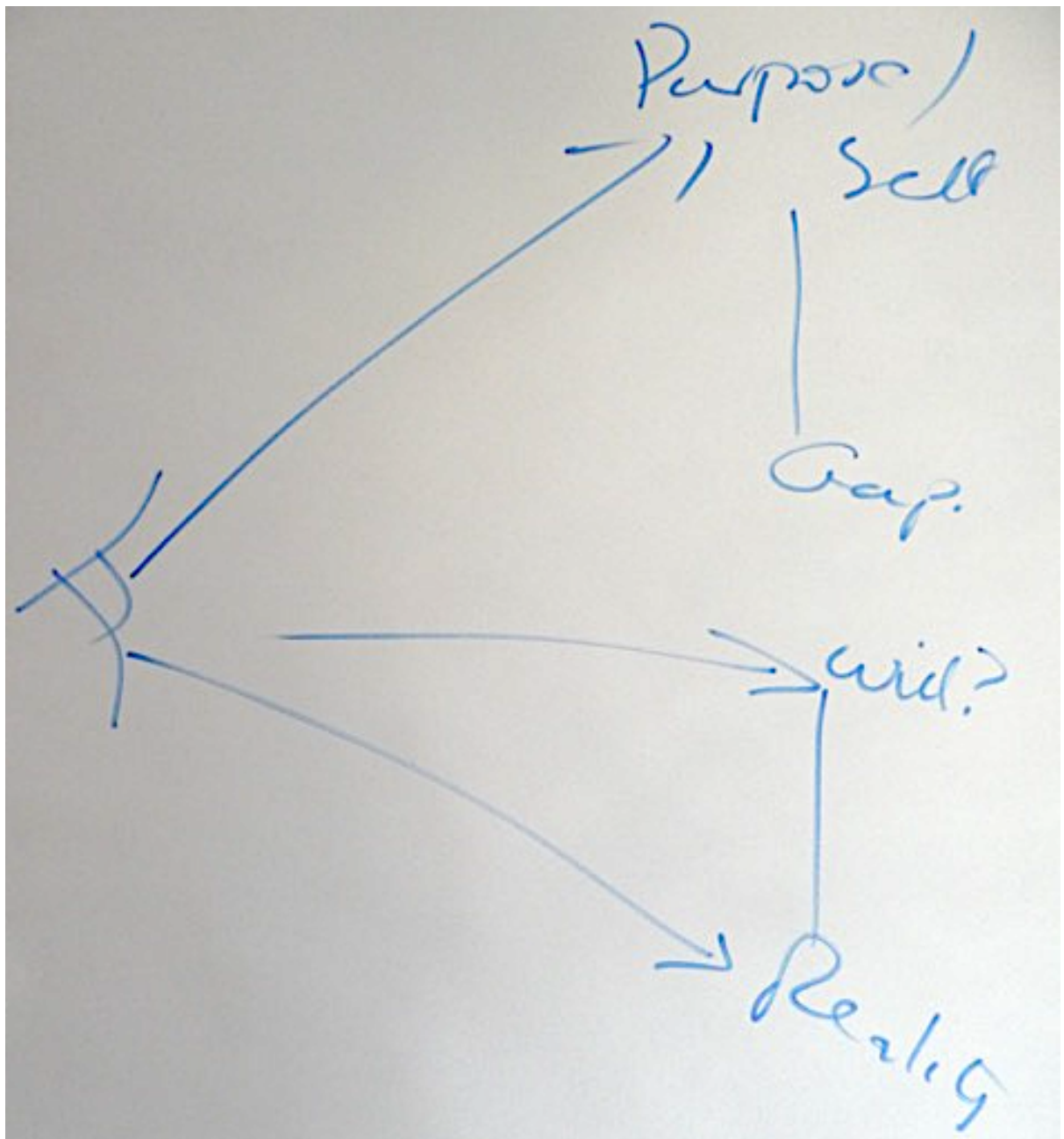
WILL

remembering  
experiencing  
self

# What is the Transpersonal?

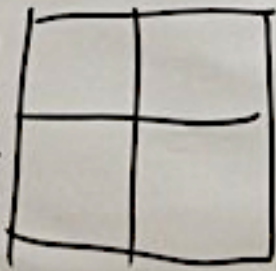
Soul, compassion  
Spiritual, channelling, messages,  
Beyond individual self  
Connection, connectedness  
Enlightenment  
Higher knowledge  
Wisdom  
Self  
Spirit  
Will  
Higher levels of consciousness  
Transcendence  
Magical.  
Synchronicity  
Euphoria, ecstasy  
Heightened awareness  
Wonders  
Art.  
Intuition  
Beauty





NEUROSCIENCE.

PURPOSE



(PSYCHOGENIC)  
BEHAVIORAL

HUMANISTIC - Gestalt

PERSONALITY

TA. PARENT ADULT CHILD (Sub-personality)

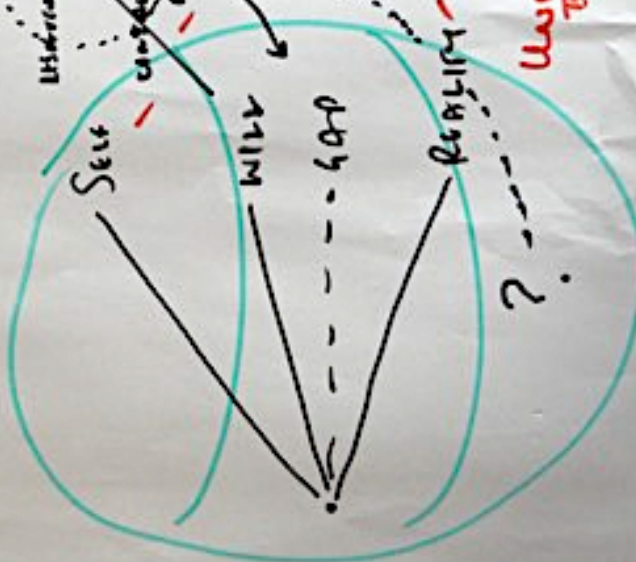
DRAMA Δ

NLP

POSITIVE PSYCHOLOGY

(SELF, RECOGNITION)

STRENGTHS-BASED CONCERNING



UNFINISHED BUSINESS?

NON-RATIONAL INTUITION GOING BEYOND OBVIOUS

HERE AND NOW - PRESENCE IMPACTS

EMPATHY

TRANSPARENT COUNTER-T

RIGHT RELATIONS  
HERE AND NOW