

# PSYCHOSPIRITUAL COACHING

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PG Leadership & Organisational Coaching– the NOV 14 2018



# The Institute of Psychosynthesis and Coaching

- Training organisational and executive coaches since the early 1980s.
- In 2006, we created a specific MA in Psychosynthesis Coaching validated by Middlesex University.
- In 2015
  - together with Aubyn and Paul we created a PG Cert in Psychosynthesis Leadership Coaching validated by Middlesex University - HUGE APPRECIATION!
  - we added the **5DL** leadership and organisation context to our MA programme
  - a stand alone **5DL Coaching Diploma** to psychosynthesis counsellors, psychotherapists and to other transpersonally trained therapists who wanted to create a powerful coaching practice alongside their existing therapy practice
- Together we have now trained about 100 psychosynthesis based coaches
- Our positioning within the burgeoning field of coaching.
  - Psychologically trained coaches working at senior levels (C-Suite)
    - Individual Leadership and Organisational coaching
    - Complex change implementation coaching at (individual/team/group and whole system levels)
    - Life Coaching
- WE NOW HAVE 6 NEW PSYCHOSYNTHESIS LEADERSHIP & ORGANISATIONAL COACHING SUPERVISORS



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# Psychosynthesis Coaching is a Psychospiritual activity

## ***Enabling the Coach to:***

- *Hold a psychospiritual context beyond mind*
- *Learn how to use their heart as the resonator of Self*
- *Enable the will of the Self of the coachee working within a **6-session model** and using **a Trifocal Context***



# Psychosynthesis Coaching and the Heart

What it means to see with the heart

**A paradox** - Seeing with the heart = seeing and working with the will

Learning to see with the heart through building the **“I”-Self**

Basis of our first two years training at the institute

Deep Psychospiritual Awareness, learning to disidentify, freeing the will, building the **“I”-Self**, ability to process and psychologise

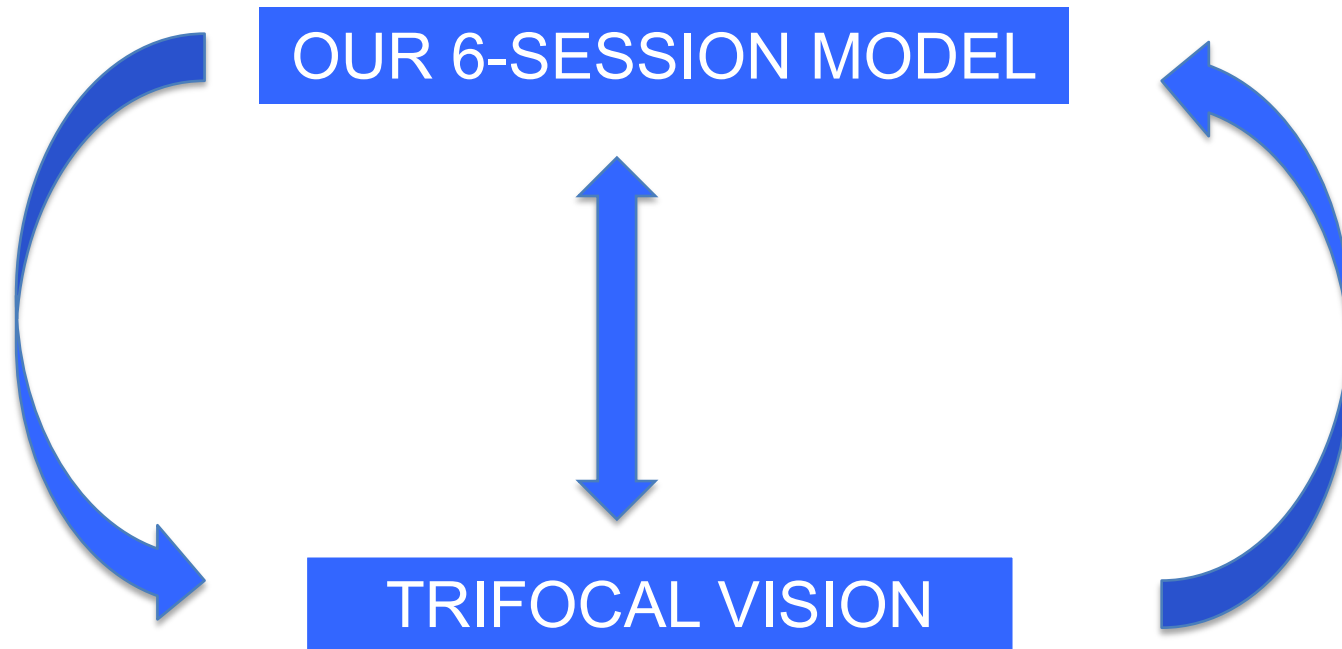


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# CONTEXT FOR ALL PSYCHOSYNTHESIS AND 5DL COACHING

## POWERFUL INTERPLAY BETWEEN



# Psychospiritual and 5DL Coaching Model

## Six Session Model

**Overall Goal For The Six Sessions**

Where do you want to be in 3 months?

**SIX SESSION**

**GOAL**

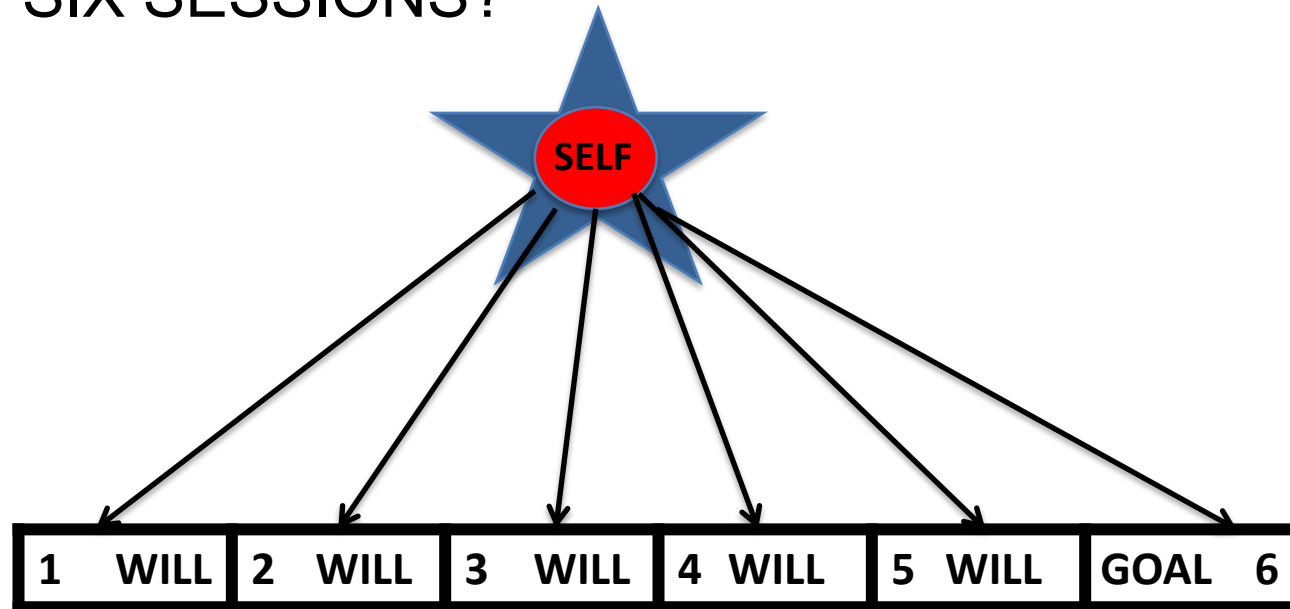
**Individual Goals For Each Session**

What could your life look like in 3 months?



# Psychospiritual and 5DL Coaching Model

## WHY SIX SESSIONS?



**IN EACH SESSION WE ARE HELPING THE COACHEE  
REACH FOR THEIR READINESS / WILLINGNESS TO  
GO TO THE NEXT STEP/SESSION  
? WHERE ARE THEY MOST AVAILABLE?**

↑  
**WHERE DO YOU WANT  
TO BE IN 6 SESS/  
3 MONTHS?**



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# HOW DO WE DO THIS??

WHERE IS THE SELF MOST AVAILABLE TODAY? –  
READINESS/WILLINGNESS

NEED A WAY OF SEEING/HOLDING THE SELF  
AND WHERE THEY ARE RIGHT NOW AND HOW  
TO BRIDGE THAT GAP!

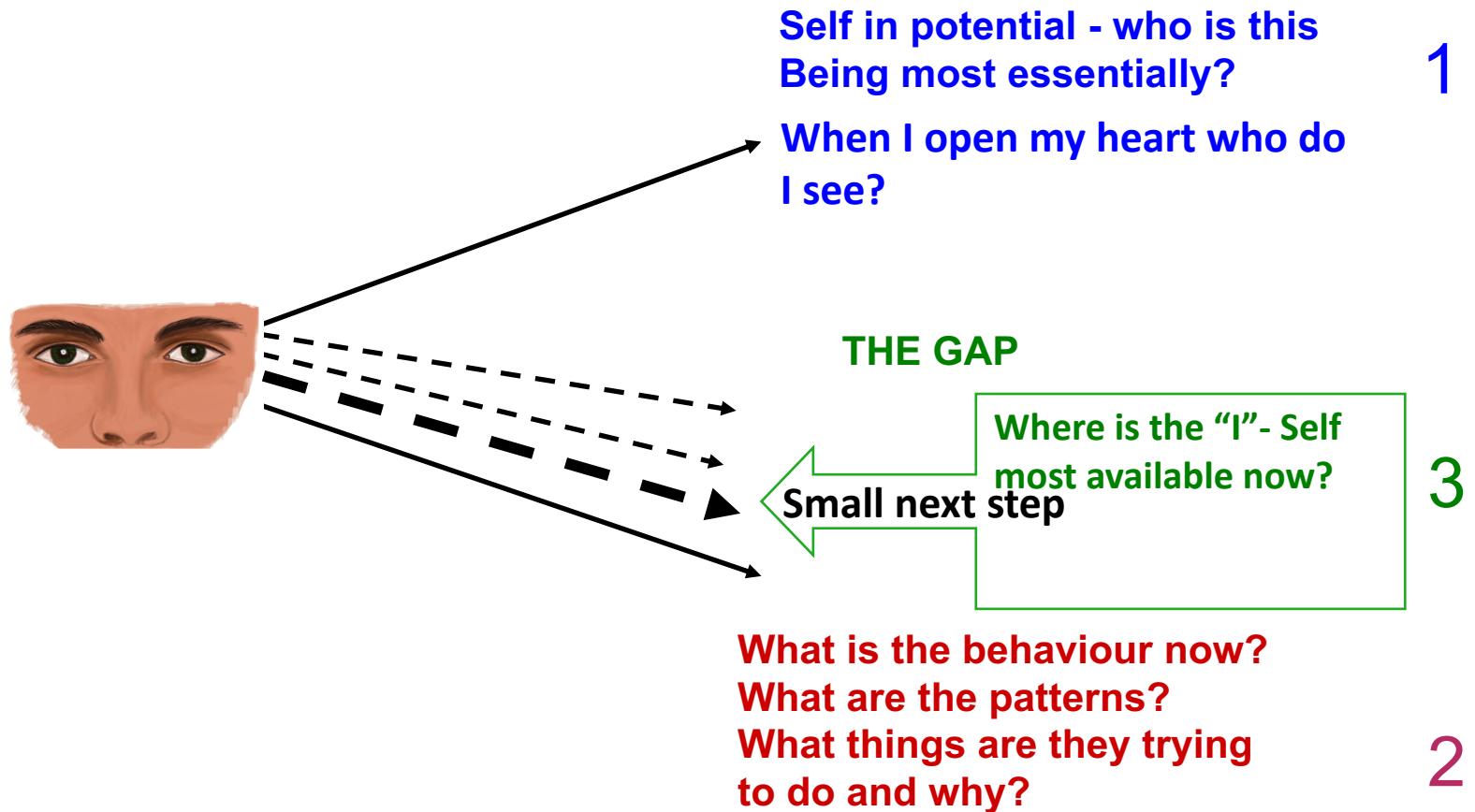
## “TRIFOCAL VISION”



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# “TRIFOCAL VISION”



# ALL PSYCHOSYNTHESIS AND 5DL COACHING

## TRI-FOCAL CONTEXT

<b>Emergent Self:</b>	<i>Using your heart write about your sense of these questions as you feel your way into them</i>
WHO IS THIS BEING MOST ESSENTIALLY?	
WHATS EMERGING FOR THIS BEING?	
WHO DO I SEE WHEN I OPEN MY HEART?	
WHY HAS SELF BROUGHT THEM TO ME?	
<b>Where is the coachee now:</b>	<i>Write about all the stuff they bring in terms of their dilemmas what they are struggling with professionally and personally</i>
<b>The Big Trifocal Gap</b> <b><u>GOALS</u></b> <b>After 6 sessions:</b>	<i>Ideally as you write about this gap it should give you/coachee some sense of the 6-session Goal</i>
<b>Next Small Step/gap for next session ?</b>	<i>What you are reaching for here within the overall 6-session goal is the next realisable small step (small gap) where there is readiness / willingness – there should be some stretch – so a 4/5 is too easy</i>
<b>SMALL GAP/NEXT STEP - READINESS SCORING</b>	<i>(0-5) This is a key assessment each session</i>



# THANK YOU ALL



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