



Coaching Through Stories

Presented @ONSAP 2016 by Catherine Reid Day, MA, Founder, Storyslices LLC

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“How we operate as adults so often boils down to how we feel about ourselves as kids.”

—Philip Galanes, Ford Foundation

Coaching is different from counseling.

Is anyone here working as a coach rather than a therapist?

In coaching, the practitioner encourages growth in clients toward self-mastery by focusing on their preferred future. Coaching is designed to illuminate the ways issues and patterns of the past distract us from our true path and aim toward the future.

Coaching is an effective practice for developing the individuals’ truest voice, revealing her authentic purpose and the platform on which the client can stand for achieving their largest goals.

Storyslices coaching method encourages thriving in the client. The root word for thrive is an old Norse word *thrivas*; it means to grasp. To grasp the self. To ‘get a grip.’

When you claim your true story and apply it in your life and work, you claim purpose and you thrive.

The Storyslices coaching method is distilled in this equation for thriving: Story + Mastery = More©. (See handout—“Becoming Your Greater Self: Story + Mastery + More”)

We designed our story-based mastery process to narrow the gap between where you, the client, are and who you want to be and become.

We apply the Story + Mastery = More© method to transform fears and blocked places into affirmative forward movement. We presented the Story + Mastery = More method at an earlier session today and you can see that content on the website or email me for the presentation.

The method includes the practice of applying two types of stories to assist the client with movement and goal direction:

- external ones that compare tragic and heroic characters to relevant client experiences;
- and internal ones, early recollection stories that reveal limiting beliefs, patterns and behaviors.

Does anyone want to define early recollections for us? We’re going to practice on some early recollection stories in a few minutes.



The coaching practice I am sharing with you here empowers clients to overcome demons, doubts and barriers, to face challenges and unlock the client's unique answers to these vital questions:

- What is it only I can do, because of who I am?
- What's not going to get done unless I do it?

Our purpose today is to demonstrate ways to introduce early recollections into the coaching process and briefly review the Story + Mastery = More© method. We assist clients in exploring these questions while navigating four pathways to their largest life. By embracing four super qualities (Clarity, Courage, Compassion, and Confidence) and activating four super powers (Vision, Excellence, Love, and Wisdom) we release our false and fearful self (the Scapegoat, Saboteur, Martyr, and Skeptic) and emerge as our larger true selves—as Visionaries, Artists, Healers, and Truth Tellers. See More | Be More | Give More | Live More (see Story + Mastery + More model handout)

Usefulness of Early Recollections:

When the client discovers a particularly potent moment in their work, a place of deep emotion or a sticking place, the Adlerian practice of early recollection can be useful.

Early recollections offer a story-based window into beliefs and patterns that may be holding the client back from their true potential and thriving.

Attendees will practice **hearing** the client's early recollections, discuss their meaning and explore their application to the coaching relationship. Using the example early recollections we can uncover core patters and metaphors that may be both sticking places and sources for striving and aspiration and goal direction in the client. After reviewing the case, participants will learn about ways to apply this technique in their coaching relationships. We'll end with discussion and questions.

Storyslices Coaching principles:

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|-------------------------|---------------------------------|
| On the level as guide | Building relationship and trust |
| Curiosity and questions | Listening and intuition |
| Feedback and awareness | Guidance and simplification |
| Goals and action plans | Owning and celebrating |

Adapted from principles of coaching via Jack Canfield.com

"In other words, by understanding our stories, we understand ourselves."

—Ed Yong *The Atlantic Monthly*

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