

# Being a Resonating Coaching Partner

## Ingredients

Coach attitude: an attitude of awareness

### When does it work best?

Receiving and sharing 'gifts' works best as an art of lingering in the dialogue: not in the beginning of the session, but when there is an intensity and mutual understanding for one another. In this process of sharing, the relation between the dialogue partners becomes somehow symmetric. It is a kind of fellow human companionship.

## Description

For the coach or the members of the dialogue group, simply hearing the focus person's story can lead to a new understanding of one's own experiences and meaning-making. Thus, by listening, they receive a 'gift'. Sharing these experiences, thoughts and reflections can prove helpful for the focus person. Thus, the coach or any other potential participant in turn give the focus person a gift. It is an act of resonating to what the coach or group member has heard. Sometimes it appears as a gift, because what the coach/group members have heard makes sense in their own life/world. By sharing the impact of what coach/group members have heard, the focus person receives a gift in the form of an appreciation, an encouragement or deep felt understanding. These moments of sharing gifts create a space for co-creative reflections and a joint understanding, where all the participants in the dialogue feel enriched and enlightened, as they reflect on each other's meaning-making and stories in light of their own meaning-making and stories. It is important to remember that the coach's or group members' contributions should encourage and contribute to new reflections and a new understanding for the focus person.

## Step by step

It is difficult to describe a clear course of steps for this resonating process. I would not describe this interaction as a single tool; instead, it should be considered more as a fundamental mental *attitude*. Here are some 'steps' to help move towards this process:

1. Do not start with resonating right away.
2. Get a sense of the life/world of the focus person (client).
3. Use active listening and respond with reflections and affirmations – small comments of appreciation to show that you understand and get a sense of the client.
4. Ask questions to deepen your connection.
5. Develop the conversation towards joint meaning-making.
6. When you have the sense of really sharing something, you might be more active and include yourself, for example by saying "This reminds me of..." (coach is receiving a 'gift');
7. Or "When you mention this [a situation, a word, a term], I get a sense of you like...";
8. Or "Having done this, I am impressed by your..." (here the coach shares a 'gift').
9. Gifts can be shared concerning identity issues or concerning specific possible actions/intentions to do things (differently) in the future.

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