

Martin Kettelhut

Executive Coach

What Is Coaching?

What you need for the journey

Since ancient times, in every tradition, we recognize three aspects of human being: body, mind and consciousness of body and mind. To go beyond mediocrity and succeed as a human being, you need to have a healthy body, to quiet the mind, and to practice whatever you want to excel at for a coach.

We've all been there: you can't even show up for practice because you're not in good health. The health sciences (fitness, medicine and dietetics) are close allies of coaching.

Similarly, though, you say you don't have enough time, that you're overwhelmed, and that you're stressed out. Do you realize how important it is to quiet the mind? Never underestimate the power of your mind to wreak havoc on an otherwise healthy life by clogging it with strife and struggle. Notice in your life that moments of peace and moments of success often coincide. The journey--from your being USED by the mind, to your USING the mind to excel--is the practice of being still, observing the mind's machinations, expanding conscious awareness.

We'll gladly recommend methods and courses to support your practicing quieting the mind. Immediate benefits you will see are: mental discipline like you've never known, much less reactivity, increased productivity, effectiveness with others, refreshment of the childlike awareness of love and enjoyment of life.

Let's talk about coaching specifically

Industrial cultures are currently rediscovering the importance of a coach to those who excel. Coaching has always been a part of non-mass-produced success, whether in the form of a mentor, a master-apprentice relationship, or a sensei. In our culture, we see this in the arts, sports, and crafts.

Coaching is not for everyone; it's for people who are up to something, people who want to excel and succeed at it. And—by the way—there's nothing wrong with not being up to something.

From the outside, coaching looks like help at making choices about what to do and how. Actually, this is advice, which is great; however, you probably get plenty of that without it making any difference. Just because it worked for Joe-Success-Story to do it only eating grapefruit doesn't mean that'll work for you and what you're dealing with. It's not about knowing more or doing something different; it's about doing what you already do differently.

What makes a difference in coaching

What makes a difference in coaching is the access your coach provides to what is hidden from your view, especially of yourself, your habits, your thinking. The greatest golf-player on the planet, Tiger Woods, knows that something crucial is available by turning to his coach, Butch Harmon. A coach is a beacon through the fog of self-help. And yet, where you go when you want different results is to consult with the same person who got you the results you're already getting, namely yourself.

What is that something else that's available in the light of coaching? Coaching gets you clear and specific about what you really want. 'Oh, believe me, I already know what I want,' you might say. Yet, have you ever noticed how, once you really focus in on what you want, it's already started to happen? That wasn't coincidence; that's your power as a human being. Consider that the reason things aren't showing up the way you THINK you want is because you're still thinking, deliberating over reasons, weighing options, dithering around obligations.

By showing you things you cannot see about how misaligned your behavior is with what you want to accomplish, and how your thinking limits what's possible, your coach works with you at manifesting the life you truly want. I, as your coach, am a partner who's more committed to your fulfillment than you ever can be, given the nature of the mind.

You do not have an effective plan

Secondly, consider that you do not have an effective plan for succeeding at getting what you want. If you are getting the results you want at the rate you want them, then great, you do not need a coach. If everything you do just creates more of the same old same old, it's time to work with a coach on putting together the kind of plan that is a living testament to your clarity and power. You know you've got such a plan when the results you want start happening at the rate you want.

Practice, practice, practice

Once all of this is in place, it's time to practice. Imagine the sense of confidence and relief, knowing you're no longer just winging it. Practice and succeed; practice and fail; practice for your coach, so he/she can observe what's working and what's not working; practice working your plan, so you can observe what needs restructuring; practice till you can celebrate your success at living the life you dream of.

Me and my coach

I was relatively effective at what I do, but found the work pretty tedious after a short time. Then I got a coach. My coach watched me working, and pointed out all the things I did while talking on the phone: play with pens, look out the window, bounce my leg, etc. I wasn't really listening.

We started training in attention. I did long meditations only paying attention to my breath. I identified all the incompletions in my mind from life, and got them complete. I observed my mind through long-distance swims, and piano recitals. I practiced being in the zone, where time disappears and everything is in its place.

Now I have a client who says, ‘Doc, you are the best listener I’ve ever encountered; you hear things no one—especially not I—could hear in the patterns of my thinking.’ She changed firms, bought her dream home, and earned her biggest bonus ever in the last year. I was recently introduced to a prospect by an advocate, saying, ‘Watch out; he understands things about you no one else does.’ Another client recently told me I should have a 900 number like the fortunetellers, because I hear so deeply into things. In short, instead of spending the day in tedium, I now spend my day in the zone, where time disappears and everything is in its place, because of the coaching I got.

To find out more about coaching or to register, please call me, Martin Kettelhut, at 619 293 7115.

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