



Coaching Through Stories

Presented @ NASAP 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. The practitioner encourages growth in coaching clients toward self-mastery by focusing on the future, illuminating the ways issues and patterns of the past distract us from our true path. Coaching is an effective practice for developing the leader’s truest voice and revealing her authentic platform on which to stand for achieving her largest goals.

I encourage 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 thrive. The Storyslices coaching model is distilled in the equation 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© model to transform fears and blocked places into affirmative forward movement. The model includes the practice of applying two types of stories to assist the client with movement: external ones that compare tragic and heroic characters to their experiences; and internal ones, early recollection stories that reveal limiting and expansive patterns and behaviors.

We empower 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?

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 model at end of the presentation)

Today we’ll demonstrate ways to introduce early recollections into the coaching process and briefly review the principles of coaching and the Story + Mastery = More© model. (A fuller discussion of this model will take place on Saturday morning in the Universal Addictions workshop).



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 patterns 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:

- 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*

For more information and a free introductory consultation contact:

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