



carol@carolrossandassociates.com | www.carolrossandassociates.com | 303.666.0580

The Everyday Coach

A fellow coach said to me today, "I don't just want to be an everyday coach. I want to be a great coach."

I've been pondering that phrase, "an everyday coach." If we are coaching in the truest sense, we are touching the heart, bringing to consciousness the unconscious, speaking the unspeakable. Coaching is nothing short of sacred work.

So how is it that a coach could be "everyday" as in mundane, commonplace, and routine? When you've lost the juice of life. When you see the work as Work and not as Play. When your own ego becomes more important than the client's progress. God help me on all of these.

If coaching is nothing short of sacred work, then what does it take to be a great coach? I have a friend who is retired and spent many years as an Episcopal priest. He talked about attending Easter service at the National Cathedral in Washington, D.C. He read me his journal entry from that day. It was nothing short of someone describing Michaelangelo's David or Mount Everest. It was all about the sacred. It was about being part of the divine nature of life itself. Great coaching is about being part of that divineness. And not just in the lily-gilding of Easter Sunday, but also in the down and dirty depths of our own muck. The cloth cuts both ways and when I'm coaching, I don't know what the client and I will find. But if it's great coaching, what we'll find is real. Real enough for even the worst of it to be divine.

My friend was right to declare that if you're going to be a coach, you want to be a great coach. But it's not about avoiding the mundane. There's plenty of divineness in that. It's about being willing to stand in the fire with your client. It's about taking in all of your client's humanity—the nagging fears, the pure brilliance, the lingering self-doubt, the lunges toward false gods. It's about seeing the divine in the profane. We come to the profession of coaching to serve. The best coaches will not only serve but be transformed by the experience and come away loving life all the more.

Copyright © 2006 by Carol Ross and Associates, LLC. , www.carolrossandassociates.com. Contact carol@carolrossandassociates.com for reprint permission. If you enjoyed this article, visit Carol's blog, www.blog.carolrossandassociates.com, and podcasts, www.liveactioncoaching.com, www.leadingwithawholenewmind.com, and www.consciousliving-leaving.com. Carol is an executive coach, organization development consultant, and writer with over 20 years experience in the telecommunications and energy industries. Carol specializes in helping clients get unstuck and into the flow of great work. She works her magic by bringing the power of the creative, intuitive right brain into a left-brained world. While her degrees in engineering from Northwestern University have served her well, it's been her life and work experiences that have moved her to do her best work. She is certified by The Coaches Training Institute and credentialed by the International Coach Federation.