



*“New Day, New Possibilities”*

## **Ontological Coaching for Leadership and Life: What’s It All About?**

Thank you for your interest in coaching! Coaching involves a partnership between a Coach and a Client who engage in a thought-provoking and creative process that inspires the client to maximize personal and professional potential.

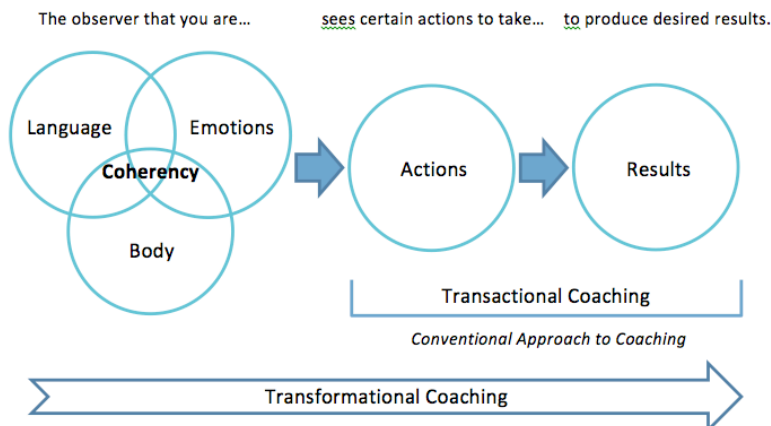
The goal of an ontologically-based coaching relationship is to have the client shift the way he/she *sees* the world, thus opening up new possibilities for action in his/her personal and/or professional life. It is this focus on shifting the “*Observer*” we are, the exploration of self in the domains of language, emotion/moods, and body/somatics that elevates the coaching experience from a transactional level that targets actions and results only, to the realm of deep, personal reflection and the transformation of self.

Desired outcomes vary from client to client – your personal outcomes will depend on your unique goals, aspirations, cares, and concerns. Possible outcomes of an effective coaching relationship include, but are not limited to:

- Improved awareness and self-knowledge of who you are as an *Observer* in the world.
- A clearer understanding of the results you desire to attain personally and/or professionally.
- Increased possibilities for action to produce the results you desire.
- Clearer communication and more effective coordination of action to achieve desired results.
- Healthier personal and/or professional relationships.
- Greater sense of well-being, work/life balance, and/or personal satisfaction.

The coaching relationship is founded upon mutual respect and trust. Given a primary focus on your well-being as the client, as your coach I will seek to create a safe space in which open, honest, respectful coaching conversations can take place. A respectful, trusting coaching relationship is essential, as experience tells us that new learning can be uncomfortable. Entering into a coaching relationship requires a client’s willingness to “stretch” beyond his/her comfort zone, for without such a commitment, deep learning and powerful, sustainable growth are not possible.

As your coach, my responsibility is to support and guide you through a process of exploration, understanding that the results of this learning process ultimately depend on and belong to you as the client. The transformational coaching (O.A.R.) model I employ is represented below and is founded on the Newfield Network’s ontological approach to exploring who we are as “Observers of the World” and how our “Way of Being” in the domains of body, emotions/moods, and language (B.E.L.) influences our actions and the results we realize.



*Expand the observer that you are  
– the way you “see” the world -  
and you will have greater choices  
for action and possibilities as you  
aim for the results you want to  
create in your life...*

Newfield Network, 2011