



Spaces

JK Lee

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Spaces

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Spaces JK Lee

Useful for anyone that needs to communicate more effectively. Reconnect with yourself and others around you with 'Spaces'.

www.focusdaytraining.com

A simple easy to read coaching book for all. Suitable for all ages and all professions. A descriptive and conversational account of techniques to help you and those around you find a little magic in the spaces that you create.

Following simple rules of engagement alongside an authentic interest in assisting people can result in successful change and growth in everyone involved within the coaching relationship and also in the wider systems in which these people work.

Coaching is many things to many people, its everywhere. However to be a good coach in a market place full of coaches takes more than just a certificate, diploma, MSc or even chartered status to be able to successfully assist people over and over again. As the profession works towards a common framework of 'hurdles to jump', coaching is at risk of becoming over complicated and over worked, forcing coaches to conform and to fit into academic psychologies and frames of thought. Cutting creativity and responsiveness out of the equation in favour of process, logic, rigor and too many words.

Now don't get me wrong, these are all very important things, however the coach must remember to be flexible and creative using tools and techniques that they can magic out of the hat at a moments notice. To do this the coach needs space to work and think and not to be tied down solely by modern psychologies of coaching no matter how effective they are. Coaching must encompass wider themes and societal narratives to be effective for a varying and challenging clientele.

In my opinion coaching works best in the 'spaces' that are created by people working together in partnership, an interplay of words, visions and feelings. Not a clinical use of sentences and questions and over repeated professional jargon.

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