

# reSource

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A passion for potential - *yours!*

# Being an Inspired Coach

Association for Coaching event with Adrian Gilpin

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**To inspire.....  
show up and simply Be**

The Association for Coaching (AC) was created in 2002 as an independent professional body to serve the interests of Professional Coaches and Organisations involved in Coaching. The Association aims to raise awareness, promote best practice and develop coaching standards throughout England, Scotland and Ireland. It also seeks to provide value added benefits for its members.

Running regular events is one way the AC serves its membership and other professionals involved in Coaching. I recently attended the sell-out Master Class with Institute of Human Development founder, Adrain Gilpin. Although I did not personally know of Adrian, the evening's title 'Being an Inspired Coach' stirred my interest. He came highly recommended and I was not disappointed. The evening had a calm yet expectant feel to it, as the room slowly filled with smartly attired professionals. Some arriving straight from work, complete with snacks to see them through the

**Adrian Gilpin** is best known for working with Chief Executives and their management teams to help them turn their organisations into Inspired Enterprises. He also leads the IHD's High Performance Coaching Academy.

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evening, while others travelled into London especially.

The message was delivered with lots of stories, humour, a minimal amount of slides, great video clips and the seasoned undertones of a consummate professional speaker. A lot like Michael Jordan playing basketball or Richard Branson doing business; they all make it look so easy when actually, it isn't!

So what was the message, and who qualifies as an Inspired Coach?

According to Adrian '*the best Coaching is simple and deep*'. Much like his presentation. Its all about being present and authentic as a Coach, getting out of the way so your client can unfold into their own fullest potential, not yours.

Adrian successfully reduced everything a client speaks about into stories that fall into no more than six categories. As Coaches we do not need to get involved in the content of the story but help our clients know where their stories stem from. Stories are from the past, present or future and are capable of giving or draining energy. These six categories form the basis of Adrian's Pathfinder route to creating action and achieving outcomes. The focus appears to be on which stories move you forward and which hold you back. Being in control of the stories we tell determines the results we create.

I left the evening with the rather smug feeling that I already knew

much of the evening's content. And for this again I give credit to Adrian's professionalism. There was no 'seven ways to be a better coach', no 'top ten tips', no 'best practice', no 'new models' to adopt. Adrian was indeed inspiring Coaches to show up and simply Be. He used an analogy of a musician who begins by playing scales, as they progress they no longer continue with scales they make music and as Coaches Adrian encouraged people to go beyond the models into a place of authenticity. '*It's not what you know it's who you are that makes you a great Coach.*' I couldn't agree more!

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Shola specialises in Health and Success Coaching. Her calm, inspirational style developed over twenty years of helping people make important life changes. Shola's the Author of three books and numerous articles, a Humanistic Psychologist, Master of yoga and Personal Development expert. She trained practitioners in complimentary medicine for 10 years and is currently the Spiritual Coaching Trainer at the Coaching Academy. As a dynamic Speaker and Author Shola has presented on every continent and appeared on radio and TV worldwide. Shola's offers the popular '**Energy 4 Life Coach Training**'.



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