

IMPACT By Coaching



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Coaching and Creativity

What do coaching and creativity have in common? Well, they both start with a “c”. More than that obviously. As a coach, I focus my energies to help my clients look at situations or problems and find solutions. That’s not always easy. **Finding solutions can involve a number of things.** Most of them revolve around what we know to do, didn’t know how to do, or may be reluctant to do. They may be actions that feel overwhelming or seem too difficult.

A typical session begins with the client sharing a concern, a challenge, or a problem. Once the goal is clearly defined, we begin with the “how and the what”; ways to achieve the goal. Action steps.

For challenging goals, energize the session by breaking out of your routine. Oh, did I forget to mention that coaching can become routine? It can. If you notice a tendency to fall into a comfortable pattern, it’s time to break out of the routine! We are creatures of habit, of patterns. While initially the habits may have served us, they may now be limiting our ability to experience more of life or out of our coaching.

Let’s consider what comes with creativity. For example:

- seeing things differently
- seeing different things
- generating multiple options
- breaking the rules
- thinking and linking
- a high level of awareness
- knowing how you think
- playing 'what ifs'
- trying something on for size

Let’s look at how you might **expand these elements with your client.** Start by **trusting your intuition without attachment or judgment.**

This article has 729 words and should take 5.0 minutes or less to read. A small price for knowledge!

Judgment kills creativity faster than anything else. Give yourself over to the creative process; **allow space and time to connect you to the moment. See things differently and see different things.**

Believe in yourself. **Invite creativity to show up as if you are inviting a friend to share a quiet evening watching a beautiful sunset.** Anything we give our time, energy, and attention to always expands. Letting your thoughts flow leads to **linking different elements into a chain that grows stronger as your awareness increases.**

Get in the mind frame of being a kid. Children innately know they can do anything. No boundaries. Their “what if’s” turn into a princess, a warrior, a dancer, or the world’s most famous astronaut. **They create adventure and excitement as their imaginations soar.** When you are coaching, recognize that sometimes having a partner who is willing to play is very energizing and possibilities become possible.

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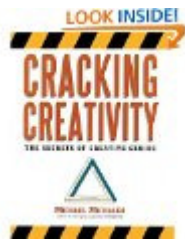
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What if I'm not creative? What if I feel stuck? What if... I'm sure you may say that at times. I have. Just like your client **you may stop your own creativity**. When you engage in anything new, your mind and body may rebel against these new ideas.

"Just as our eyes need light in order to see, our minds need ideas in order to conceive."
-- Napoleon Hill

To shake off "creativity doubts", change your energy! Try a few of these techniques to shake off the creativity gremlin. Stand up and stretch or swing your arms, turn your chair to face a different direction, write your name with your non-dominant hand, take deep breaths and exhale slowly. Remind yourself that you **are trying something on for size. You are opening your creativity channel and allowing energy and new ideas to flow easily**. When you feel re-energized, your coaching flows with creativity!

Suggested Reading



[Cracking Creativity: The Secrets of Creative Genius](#) by Michael Michalko (Paperback - Mar 1, 2004)

Seeds of change:

"Creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." -- Mary Lou Cook

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**"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." -- Albert Einstein**

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"Explore something completely different everyday; try out a new recipe... read a new author or point of view... listen to an unfamiliar song... add a new quote to your journal... sing or dance for no reason at all... take a long quiet walk... hug a friend...wave to kids on the bus." --Margie Lapanja