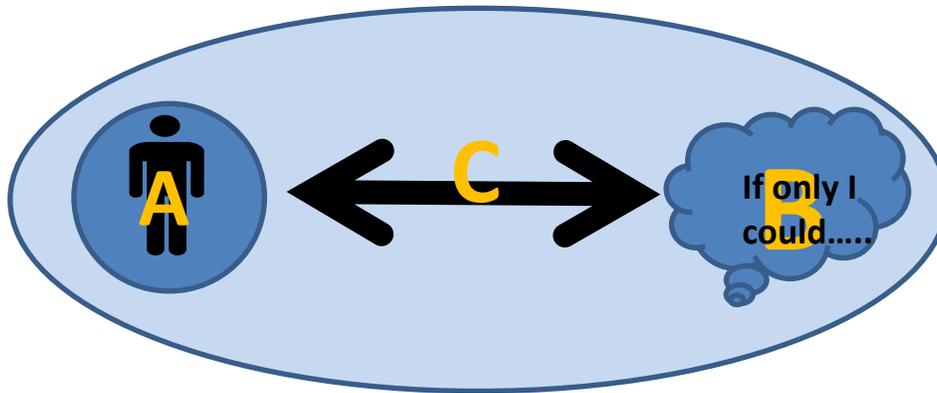


## Clean Coaching with Emergent Knowledge

### David Grove Tutorial 1: A to B



(Transcribed by Angela Dunbar, 1<sup>st</sup> Jan '09)

#### What's the difference if you enter a Clean Coaching space?

One of the main differences is this idea that you can get your 'resource'. And the notion that you can 're-source'. So, what actually is the source of the passion, the motivation, the key drivers etc that have brought you to this particular vocation? And your interest in spending this time to develop this ability to use your knowledge, experience and information that will help the individual that you are coaching to not only be resourced to gain a particular result but to actually go back and find the source of their particular experiences (which are going to lie within **them**, rather than you out here giving them a "prescription" that you provide about what they need to do). So, in order to understand the nature of the difference about being able to find out the source of their experience and help to coach and develop that, we can perhaps look at a way in which we can **define the particular types of sources** that the person that you're coaching has.

#### *Angela's Summary:*

*Clean Coaching is different, because it is about helping the client find the resource that they already have within them to get the result they want. It is about identifying the source of their experience and coaching that. There are different kinds of sources a person has.*

#### So, the question is how do you do that?

So, I'm going to outline a little perspective, a map that will give you an overview of how we can identify these different 'source' spaces that have different types and kinds of information. And so, one of the distinguishing features that will differentiate the type of skills that you are going to learn is the ability to identify what the sources of information are and to coach those different independent sources so that

those original sources within the person are then able to contribute to the particular outcome, goal or result that they are unable to do in their current reality.

So, if we consider that you have a way of identifying what these they may be, is to find out the particular spaces that they may occupy and take, first of all, the person that we are going to be coaching. Consider the person brings to the coaching session particular information that belongs in them and we'll call this particular space that the person is going to occupy the **space of A**. When they come to you, this essentially is the world view or the space that they bring, and the context they bring to your session, so we'll just identify that as their space and in particular, in this space is the person themselves and they will have some idea of some goal that they want to introduce whether it be stated positively (such as "this is my aim, this is my mission") or whether it be stated negatively (i.e. "if only I just get rid of" ...or "if I could do just do this my life would be different") so the goal, the outcome we can think of as a completely different space from the person .

**If we think in navigational terms, then most people want to leave where they are to go to somewhere else, so how do you get from A to B?**

So here we have this **space that we'll call B**. In this B space is some type of statement or mission or goal or purpose, which in a different space than what they are at A . So the purpose of coming then is for you to help them get from A to B. The B space is also separated from them, because if somebody has already achieved what they want, it's right with them at A. There is a certain separation or distance that belongs to them in terms of their particular model of the world. And it's this **distance** between them and their goal, which is really the driver and the motivation that compels them to engage you in a service to help them move from A to B. This space we are going to call the space of C.

In this space of C is the journey of how you get from A to B. Now, if they could do this journey, if they could get the steps involved, if they could make this journey from A to B, they **would have made it**. So, the space of C contains the elements, the blockages which impede the ability for them to go from A to B. So, the coaching space is actually this space of C, because the problem domain lies in the space between A and B.

So we actually have three separate spaces which have completely different criteria, completely different information and are sourced in very different spaces.

So that if you just concentrate: "right let's set the goals and the condition of what you say you want is the goal and we are going for that goal". What happens as you get towards that goal, then usually the things in the space between them and the goal are going to prevent them from moving towards that goal. So part of your ability is to find out ways or strategies to help navigate through this journey from A to B.

Another part which will impede is usually the space of A as there are often things that are here that actually hold the person back from moving forward towards their goal, and those are very different criteria than the things in front that are stopping you reaching.

So the things in the space of A that you'll need to coach are very different and are sourced in different places to the things that are here, (at B) sourced in front.

And then in the space of B, the types of goals and things that they set, and the distance that it's away from them, is also part of the problem because in the space of B this goal, maybe something so far away from reality that it sits on a horizon, and so as they keep trying to work towards their goal, the goal moves. No matter how hard or what they do here (at A), this goal stays ever the same distance. The goal could be just beyond their reach and the more that they do from here the goal always keeps moving and so they never actually quite get there. So there is a problem domain or space also about the source of that goal because the conditions in which you set that goal may in fact not have much basis in the reality of that person's experience. So hence no matter what they do over here the goal keeps moving...the goal still stays at the same distance.

So these we could regard as different problem domains and each need to be coached in very separate and different ways because the sources that create this are quite independently different. If we think of this as being a system, or a model of the world that that person is going to bring to you then there is a boundary condition which, in terms of a person's current or present state of mind actually creates this spatial world or boundary between A and B. And so it's this world view or this space which eventually is going to be what you will be coaching. If we think rather than: "we're just going to do this one thing which is to help you get to the goal", instead think of it as a complete system so that you're coaching both the person at A, the goal that's set (B) and this space in between (C) which is the journey you have to navigate through to get from A to B...

What if this reality, this model of this person's inner world has very little relationship to the real world? To their actual circumstances? So there is an inherent problem with defining what the goal is. And if you are just primarily trying to coach in that space then the degree of difficulty trying to reach the goal that they set will create a quite a large amount of complexity because the closer you try to get them to here (B), the more the space of C will create things that will impede them, or the more that the things from their past will stop them moving forward, or as you move through C to B then the goal keeps on shifting, so you never quite get there.

#### ***Angela's Summary:***

- ***In the Clean Coaching process, we see the whole 'A to B' set up as a self-organising system, and by its very nature will bind the problem to the 'solution', within this world view***
- ***We coach the three different elements of the system (A, B and C) to uncover possible resources that may help navigate a path through to B***
- ***But, it is likely to be that the solution lies completely outside of this 'small world' of A,B and C, and the Clean Coaching process will teach you ways to get to 'D', the space outside of the client's current world view, where entirely new ways to see 'how things are' can exist.***

- *As Einstein is often paraphrased as saying, "You can't solve a problem on the same level of thinking that you used to create it"*