Episode 88

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**SPEAKERS**

Jo Wheatley, Zoe Hawkins

**Jo Wheatley** 00:03

The coaching crowd podcast is for compassionate courageous leaders, HR professionals and high achievers,

**Zoe Hawkins** 00:10

people who are passionate about helping others to find alignment in their lives through coaching, and do a thinking of training and developing as a coach.

**Jo Wheatley** 00:19

Hello, and welcome to the coaching crowd podcast with me, Jo Wheatley, and my friend and co host, Zoe Hawkins.

**Zoe Hawkins** 00:24

Hi, everybody. Here we are, again with another episode for you. And this week, we're bringing you the topic of intuition. One of our emotions coaching practitioners asked us in an integration session, when and how do you use intuition in coaching? And we thought that would be a great podcast. So here we are bringing it to you today.

**Jo Wheatley** 00:43

Yeah, so let's start with what is intuition? For us intuition is about the relationship that you have with yourself, it's about the relationship with your unconscious mind, that inner dialogue that you have, people will often talk about it in terms of instincts, or gut feel. Yeah, and

**Zoe Hawkins** 01:04

for me, intuition shows up in lots of different ways. So sometimes I will have words or questions like drop into my head when I'm coaching somebody that seemingly come from nowhere, but actually intuition really, is using all of your senses. So consciously, we'll only be processing a certain amount of information. But unconsciously, we're taking in everything. And I think when you really start to trust yourself, and relax into your coaching sessions, your unconscious is picking up on shifts in energy, they're picking up on all of the words that are being said all of the body language that your client is using. And I think we use that. And it converts into this almost sixth sense awareness that we have, that can bring information into the coaching sessions, where we may not necessarily know where it comes from, but it is based in the experience that client and coach are having at any one particular time.

**Jo Wheatley** 02:04

Yeah. What came into my mind there as having a conversation with one of our alumni from our coaching accreditation courses, and we had an an in person get together with the community. And they were picking my brains around what's different about your coaching Jo? How do you get like a master level coaching? And I really had to stop and think about I don't know, what, what do I do and what came to my mind was actually, I said, I think what I do is I channel, the coach, my coaching client. And if I think about the conversation that we're having now really what I was talking about is drawing on my intuition and drawing on the client's energy, what's happening in this space between myself and the client, also having an awareness of you know, that the system or the systems that sit behind the client, and the relationships and, and the intuition, if you like, and the energy that might be coming through those as well. So both about what I what I do know, because the client has shared with me, but also that sense that the client gives him the conversations around those things. So I think it's also useful to have an awareness beyond you and the client, and where else that that intuition might come from.

**Zoe Hawkins** 03:16

I think something else for me that is related to intuition is presence. So I know when I used to coach many years ago, I would be thinking about what's the next question that I can ask my client whilst I'm coaching my client. Whereas today, when I'm with a client, I'm entirely in that moment. And I think there's a mindfulness about that, you know, to be able to clear my mind, wholly be present with the client and listen and trust that the next question will come, or the next observation will come. I'm never really thinking about, uh, where am I going to take this next. So and I think that is intuition. I think that's a level of trust that you have in yourself, that you rely on all of the knowledge and the wisdom that has ever been in your, in your mind and your unconscious mind, knowing that you can draw on all of that at any moment in time, that you don't need to be thinking about it, in order for it to be accessible for you. And for me, intuition and self trust are very closely aligned. In order to tap into my intuition, I need to be able to trust myself that it will always be there and available to me. So I think that is for me also, how I bring intuition into coaching is through that presence.

**Jo Wheatley** 04:32

I was reflecting on that as you were sharing that then and I for me, I was thinking about those moments in coaching sessions with clients where I've noticed that we're in conversation and there's lots of words being exchanged, you know, other clients, you know, sharing lots, and I just, I just noticed a sense in myself like, this isn't this isn't the work this isn't the work we're supposed to be doing together. Is that is that kind of a sense that I have? And I think in that moment In time, what I do is I, metaphorically and instinctually know, to take a step back and really drop into a deep sense of peace, like where there's no noise. So I've almost stopped listening, actually, to the words that the client is using. And then I'm really listening to my intuition to connect it with what's really happening here. Now, how does that relate to what the client said that they wanted, and how they're showing up? What's congruent here, what isn't congruent. And, as you say, without a feeling of panic of like, I don't think this is this is it, but just letting something come. So I think as a coach, part of your intuition is learning when to let go, when to be really in it with the client, and when to actually just almost fade out, but also come back and just say, your intuition, sometimes it's about sharing an observation with your client. Sometimes it's about changing the pace of the conversation. Or we often talk about like an observation sometimes as being that arresting moment, you know, where you say something that doesn't follow the pattern of the rest of the conversation. And obviously, you need to have a contract with your client and trust in the relationship and that contract. To know that you have permission, you know, in the interactions, to share those kinds of things. It's interesting,

**Zoe Hawkins** 06:18

when you're saying there aren't dropping into that deep sense of peace, and you gave some examples of questions. And I'm sure like me, you're not actually asking yourself those questions. It's almost like a wiring that we now have as coaches where when we drop into that place, yes, those are the questions ultimately, that we're asking ourselves, but we aren't sat having a conversation in our head about those questions. It's almost just a place of silence, a place of letting something come and noticing. And I think intuition is that somatic sense as well, I guess is what we're talking about is you may not be able to put words to the experience, you may not be able to fully formulate an observation yet around what is happening, but you are feeling it in your body. Or, you know, there's just, as you said, just a knowing that this isn't where it needs to be going. And I think you know, using the whole range of your senses in coaching, is really where you, you start to hone your intuition.

**Jo Wheatley** 07:22

If we think about Gestalt, and the concept of cycle of awareness, and Gestalt, the first two phases of that cycle are sensation, and then awareness. And I think a lot of coaches are new coaches will have a sensation. So they may come to supervision and say I was in a session with a client, this was happening, I knew, it just didn't feel quite right, I couldn't really work out where to go next. And you could think about that as like they've got the sensation. So there is almost that initial kind of instinct, but there may be a blocker to their intuition, because awareness is that bit where you actually if you like, connect with your intuition, you allow that to come through. And that is that trust that it's not going to be scary, you know, to you, that actually you can you can listen to it. And then you still have choice, you always have choice as to whether or not to do anything with your intuition. And the thing to be aware of is that your intuition in a coaching session, it may not always be useful for the client, your intuition might be contaminated with some intuition you've got about something else that somehow you know, connected into it. So you know, there is there is more to it. So there are some risks involved. And that's why if you have contracted that you can share intuition or in the moment you spot contract and say, Can I share something that's coming up for me? I don't know if it if it'll resonate with you or not? If your client says yes, you always share in a non attached way, which means that the client knows that they can say, No, that doesn't really resonate with me. Sometimes it'll be a catalyst for some new insight for the client, because I'm not that but now you said that, I'm wondering if, and other times, I'll just say, No, that doesn't resonate with me. And he's like, oh, you know, and then you move on to the next thing that you're going to share? Yeah. And

**Zoe Hawkins** 09:05

I think in those moments, what's really important is that doesn't kick your self doubt, or your inner critic into action. Like I got it wrong. Oh, my god, what does my client think of me, you know, and take you off down that path. There's lots of reasons why that intuition may not have landed, as Jo described, it may not be that that intuition was about the client, but you're picking up on something else. It might be that the client isn't ready to hear it. And so they haven't been able to take it on and they've pushed that back. And all of the reasons why they may not have accepted it at the time are fine. It doesn't mean anything, don't attach any meaning to it. Obviously, if you're in conversation, and you're sharing and what you think is intuition, time and time again, and every time your clients say no, it's not that No, it's not that that's important to reflect on because it may not be your intuition. It might be you having an interest skewer Are you having your ego may be coming into play a little bit around that I think I know how to help my client here. And ironically, I think I find with intuition, if I'm having some intuition about a client, or what the client is saying, and I don't share it, that can often tempt a coach into leading. So if you don't share it, and you hold on to it, and you don't let it go, you then might try to lead your client there through the questions that you ask. So often, it's better to share those intuitive nudges, and be able to detach from it if you're not if your client doesn't relate to it. So that you can let it go and come back into presence and focus.

**Jo Wheatley** 10:39

I think you might think about how do you nurture your relationship with your intuition, or coaching perspective, that's what coaching training is for, like good quality coaching, training, because you, you learn about the theory, you learn about psychology of relationships, you know, the way that the brain works. So I think that helps you to develop more wisdom and to trust that there is wisdom and intuition is almost like, it's like, it's like all of that in a quantum, you know, microseconds that. Yeah, it's kind of like concentrated all of that, I guess, is the way that that I might describe that. And then other ways, I think, to nurture your relationship with your intuition, for me, anyway, is walking, you know, so you talked about mindfulness earlier, like giving yourself time, whether that's, you know, an extra five minutes in bed in the morning, before you get up to just really just connect with how am I feeling, you know, noted notice in the feelings in your body, noticing the thoughts in your head? And, yeah, just really connecting in with yourself and maybe music, you know, for people having having some of that on in the background hypnosis, meditation, whatever, there's lots of different ways what how do you develop your relationship? So with your intuition,

**Zoe Hawkins** 11:57

I mean, I think there are blocks to intuition, you know, around self doubt being probably the biggest one, I would say is a block to intuition. Because on the opposite of self doubt, you have self trust. And when you trust yourself, that's where your intuition can flow. So little things like, it's the noticing. So a typical example would be, and this is kind of unrelated to coaching, but I used to get ideas all the time. So just ideas kind of drop in, it might have been when I was younger, about things I wanted to do, or in business, like ideas that I had. And I would say that now I recognise that as intuition. But back then, I'd be like, Oh, that's a strange idea. Where's that come from? Oh, I don't think that would ever work. No, could it work? Wouldn't it work, you know, and I, I'd spend my time really questioning whatever had kind of dropped into my awareness. Whereas today, if something drops into my awareness, I'm like, Ah, that's interesting. That's my intuition. And I'll sit with it. And I'll notice it and I'll, you know, work out, you know, does that fit, does that feel good, does it not. And so I think really paying attention to the healthy inner dialogue that you have, and those things that seemingly appear from nowhere, and just start to treat that as valid information, rather than dismissing the information out of hand. So I think really nurturing the relationship you have with yourself, your healthy self, is really important, and nurturing the trust that you have, in your own ideas and your decisions in all areas of life can then really play well, in a coaching space.

**Jo Wheatley** 13:35

I enjoy my relationship with my intuition. And I think so if you can find a way to to get enjoyment from that inner relationship that you have, then I think that's important that you can also look for evidence. So look for evidence that you can trust or your intuition, maybe you haven't in the past, but you've got the evidence there that Oh, I had that thought I didn't do it. But then maybe you debrief with the client afterwards. And this is something that you can do is if you've had intuition, you didn't share it. When you're debriefing at the end, just say, you know, when we were talking about that, I had a sense that this might have been the case, would that have been useful for me to have shared with you? And if your client says yes, and the other client, you ask says yes, and yes, and yes, then perhaps that's an indication that you may be able to take what you might consider to be more of a risk. And then for a lot of people, it's working out, how do I articulate that to my client? How do I contract for that with my client? How do I know it's for them? And not for me? Because obviously, you know, there are ethics to consider in all of the things that we do in our coaching conversations.

**Zoe Hawkins** 14:37

Yeah. And you talked about earlier, didn't you around contracting and permissions. So those are two really important parts. I would say a third part is it doesn't necessarily have to be neat and polished and perfect every time you tried to share something with your client. Often in a client with a client. I'll sort of sit back and I say, I've kind of got this thing that's coming up for me and it will be really messy like Just what I'm sensing is, it's something to do with blah. Does that? Does that relate? Does that mean anything to you? So it doesn't have to be carefully curated and perfectly polished in order for you to provide insight or observation to your client, you can co create in those moments. And those are the moments probably where your client goes, No, it's not about that. But that has made me think this. And then and then you're off kind of into another area of the conversation. So I think that's a piece around how you deliver it as well.

**Jo Wheatley** 15:36

And what we haven't talked about yet is about how do we support our clients to develop their relationships with themselves, because you could look at coaching as being all about that, if you boil it all back, strip it all back, what is coaching, it's about helping the clients develop their relationship with themselves, which can help them to develop their relationships with others and, and the goals and the things that they want to do. So you can ask your client at different points in the conversation, if they're very in their heads, you know, very cognitive or very practical, ask them, what's your intuition telling you right now? You know, and ask it in a in a kind of a quick way, because your intuition, you know, just to cut through this, you were talking earlier, sorry about that self doubt? Or what does your gut tell you? Or even inquiring with them? Like? What is your relationship with your intuition? To what degree do you trust yourself? Those kinds of questions to help your clients start to consider their relationship with that with their intuition, the value that it might have, what wisdom could be available to them from that place? And so on?

**Zoe Hawkins** 16:36

Yeah, yeah, I think that's really important. I think the other thing around that inner coach, if you like, like awakening, the inner coach, is helping the client to really understand the value of it to them in the context of their goals, you know, so if somebody is working on career direction, and you're asking questions around gut instinct, you know, what's your heart telling you? Helping them to then use that as valid information? You know, and so not stopping there? But asking and how and how valuable is that to you? And if you did fully believe that, or fully subscribed, what difference would that make to you? Because I think there's the net, you know, learning to hear your intuition, and then learning to act on it and trust on it is like another step beyond as well.

**Jo Wheatley** 17:24

So ultimately, I think what we're saying is intuition has a place in coaching, both for the coach and for the coachee. And, you know, we can role model, if you like that relationship with ourselves. And not you don't have to always go with your intuition. There is always a judgement call. And it's based on what is useful for the client, what you've contracted to work on together, but maybe think about, you know, asking questions of your clients in this area, about their relationship with their intuition. And also take time to nurture your relationship with it too. And, and think about how, what role does intuition play in your coaching style at the moment? Absolutely. And if you have enjoyed listening to our podcast today, please, wherever you're listening to this podcast, hit the subscribe button so you don't miss out on future episodes. And if you have the ability to rate and review this podcast, we'll be ever so grateful to receive your feedback. So thank you for doing that.

**Zoe Hawkins** 18:24

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**Jo Wheatley** 18:33

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