

WBECS 2019

WBECS Quiz & Resource

WORLD BUSINESS AND EXECUTIVE COACH SUMMIT

WBECS RESOURCE QUIZ - Ann Clancy

Presenter on may 7th, 2020

QUIZ

- How confident do you feel in trusting your own inner guidance and knowing as a coach?
- What are ways to access your own deeper sense of knowing to support both you and your clients?

YOUR BANDWIDTH OF KNOWING

The act of knowing (as opposed to knowledge which we acquire) is a function of our inner senses including intelligence, emotions, body and spirit which relies on different, subtler signals to be detected and accessed. We have found seven types of knowing or different “frequencies” that we can tune into as coaches as we become alert to more refined ways of picking up information from our clients and expanding our mastery as coaches:

- **Expert intuition & tacit knowledge:** A form of intuition that draws upon your prior learning, experience and expertise, like that of a chess master. This is mastery achieved by engaging in things repeatedly so that you build a kind of internal shorthand. To others, you appear to move decisively and quickly.

- **Instinct:** Reflexive responses for survival that are felt viscerally in the body such as premonitions, hunches and “gut” feelings.
- **Creative intuition:** When you combine your knowledge and inner knowing in novel ways to create insight and discovery.
- **Social intuition:** This capacity allows you to make rapid and automatic evaluation of other people’s cognitive and feeling states by using empathic perception and judgment. Master facilitators often have highly developed social intuition.
- **Somatic knowing:** Characterized by a sense of deep empathy or clairsentience (sensing or feeling subtle energy beyond the physical). It is a knowing that comes through a feeling, a sense or an image.
- **Direct knowing:** Defined as understanding that comes without any use of conscious awareness or rational thinking. It is holistic and associative and is sometimes defined as spiritual knowing and awareness. It may include: clairvoyance, clairaudience, telepathy, precognition, and embodiment.
- **Enactive knowing:** Is actively constructing knowledge through direct interface with the environment. It is experiential learning in a specific context: knowing by doing and living.

KNOWING AS A FREQUENCY: IMPLICATIONS FOR COACHING

The act of coaching (whether phone, online or in person) is a live process of exchanging levels of knowing and awareness with your clients in real time. You have access to all seven frequencies of knowing as a coach, but you will be especially talented in a few of them. Likewise, your clients will also have access to these different ways of knowing. Very often they are in use without conscious awareness. By becoming agile amongst these different frequencies, you can help your clients to distinguish between:

- Knowledge acquired **externally** as an “object” that is stored and may become limiting over time
- The act of knowing as an **internal** “process” to access more authentic ways of being and taking action in the world

You will be able to better detect when a client is focused on knowledge about themselves because it will be pattern-like, often from the past, and usually self-limiting. When you help them shift out of this set knowledge about themselves to a focus on knowing themselves, they can experience a substantial shift. They also learn to expand their own self-mastery. Coaching is a potent vehicle for helping clients to recognize, listen for, and attune to their own inner knowing.

Practice: The first step is to put awareness or attention on the different ways you seem to “know” things. Begin to listen/sense/feel more closely as you coach and experiment with identifying the different frequencies.

If this content is valuable to you, be sure not to miss Ann in her live online coach session at **WBECs** in June, 2019. The **WBECs** Pre-Summit is a month-long, free learning experience taught by carefully hand-selected speakers covering the most important topics of 2019 in a variety of coaching disciplines.

Sign up at wbecs.com/annc and get access to Ann's workshop as well as 50 other immersion trainings, implementation mastery sessions, live coaching demos, thought-leader panels and much more - at absolutely no cost.

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