

## CREATING CHANGE IN YOUR WORLD

### **The key to any form of creating change in a person's life depends on their 'coachability'. What makes a person coachable or not?**

Some of the traits of the truly successful people include the ability to adapt; take instruction; let go of the need to defend and justify 'your way' and allow yourself to explore something else; give up excuses and commit to positive action; love the truth, positive self talk and non-judgement of yourself when you make mistakes; be open to trying something new or different and the courage to take the necessary steps outside your comfort zone; and be vulnerable and be exposed to another human being.

So let's explore some of these traits. Those who are truly coachable are the ones who have the courage to step outside their comfort zone. Let's face it, the dramas and scary scenario is still there outside your comfort zone – wouldn't you rather KNOW what's there than sit in the dark under a blanket making it bigger than it really is? It takes courage to embrace the vulnerability of being exposed to another human being. To be coachable you must give yourself permission to be vulnerable and share what's really going on for you without the need to pretend or defend. You must be willing to be truly authentic, without the masks and personas. You might just discover the core of who you really are and you might even like it!

#### **The ability to adapt means not being attached to a perception or identity of ourselves and being willing to be 'wrong' or explore a different way.**

In fact, truly successful people often celebrate being 'wrong' because it can mean they've just learned something new for right now, in this very moment. Being 'right' often means working on knowledge from the past. It's out of date, in the past and may no longer be relevant! Being 'right' is the opposite of being creative. It's rooted in old experience and provable. It keeps you in defensiveness, justifying and excuses. To be coachable is to be open to the exploration of scary or unknown territory with the opportunity to be 'wrong' and potentially find something new and 'right' for right now.

Other traits include things like the ability to take instruction. This means not stubbornly hanging onto how it used to work or how you want it to work, but looking at someone who has achieved what you want to achieve, asking them “How did you do that?” and honestly, deeply listening to what they share, committing to act on the wisdom that you receive from them and letting go of excuses and arguments about why things are staying the same for you when you continue to do things in the old way. There needs to be a true respect for the mentor or coach and a commitment to take their instruction seriously. Too many people are invested in staying the same and holding themselves (and everyone around them) hostage to their complaining and failures. Have respect for what is being shared and apply the wisdom that they are sharing with you.

Letting go of the need to be ‘special’ is another key to being coachable. Some people love their litany of woes and wear their suffering like a badge of honour. They believe that the techniques shared will work for everyone else but not them. They are different – special somehow. Their needs are not the same as everyone else’s. Holding onto such a belief will keep you from truly achieving your goals because nothing anyone shares with you will have relevance to you because you are so ‘special’. Of course, we are all special and unique. Every one of us has our own path to walk and gifts or talents we bring, and it is in honouring this uniqueness and letting go the need to be the only ‘special’ one that will see you embracing the potential of your success through humbly accepting the treasures offered by a mentor or coach.

**Self suppression through self judgment is one of the real blocks to being coachable.**

When we judge ourselves for making mistakes we block the energy of the learning. In blaming (self or other) we disempower ourselves and suppress a little bit more of ourselves. When we release the judgment and have gratitude for the learning, the energy of that learning flows out into our future so that when we come up against a similar situation we encounter the positive energy of the learning and can more clearly discern a useful course of action towards achieving our success. Forcing our coach or mentor to continually stroke our egos and tell us “There, there, it’s okay” only feeds our ego, disrespects the mentor and wastes everyone’s time. Equally, by forcing our mentor or coach to continually push their way through the walls of projection of our self judgment means they have less energy to share the good stuff with us because they are so busy overcoming your resistance, your miserable-ness and your arrogance.

This week, ponder on just how coachable you are based on some of what is shared here. Ponder on what you feel makes a person coachable and what makes them not coachable and examine with truth and clarity where you have these traits (on both the coachable and the not coachable sides). It just might assist you to come to a deeper understanding of why you feel like you are going in circles all the time instead of striding forward into the bright new future.



**Belinda Baillie is the Founder and head of the Global Coaching Academy**

*Belinda Jane Baillie is a woman of many talents, passions, interests, and accomplishments. After graduating from high school, she studied agriculture in the beautiful Hunter Valley (about 2 ½ hours northwest of Sydney, Australia), and was then accepted into an exchange program to Germany and Norway to work on farms.*

*In the early '90's, Belinda Jane received her Certificate IV in Woolclassing, which led to teaching jobs for a number of years in the Central West of New South Wales. In 1993, Belinda Jane received her diploma in dramatic arts from the Australian Academy of Dramatic Arts in Sydney. From there, she was accepted into post-graduate studies at The Drama Studio in London, where she combined a study tour with playing polo on horseback in Ireland!*

*Belinda Jane has numerous certifications in sculpture and drawing from The National Art Institute in Sydney, and completed her training as a Level II Practitioner in Kinesiology in 2000. She is currently studying to receive her diploma in Life Coaching with The Coaching Institute in Melbourne, and is due to graduate in April, 2007.*

*Belinda Jane is Editor of the International Coach Federation Australasia [ICFA] magazine, is working as a Life Coach, and runs retreats at the Insight Foundation in Perth, Australia. She has been a mentor to troubled teenagers, and has worked with children with behavioural and learning difficulties. Her hobbies are sculpture, drawing and silver jewellery.*

*Belinda Jane is passionate about making a difference in the world, assisting others to achieve their full potential and realize their magnificence by inspiring and uplifting with playfulness, unconditional love and simplicity. She shares, "My vision is for a world where everyone knows and acts out of a state of Oneness and Harmony, operating in unconditional love with all the kingdoms of Earth as we move towards our compelling future with courage and joy!"*

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