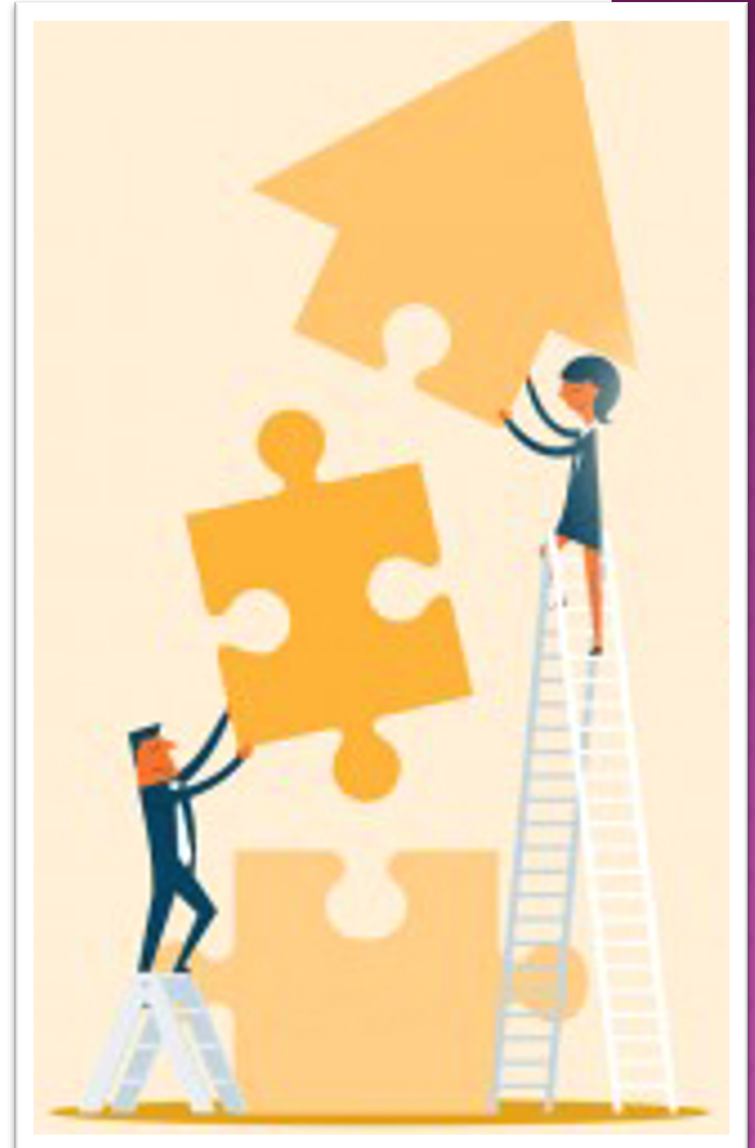


# THE COACHING ARENA

The Coaching Arena creates a powerful space for your coaching experience, and your life! This Arena is created by agreements we make, about how we will each “be” in any given interaction.

The Arena creates an environment where you are empowered to be your authentic self and accomplish extraordinary results.

**The Coaching Arena is created each time we ask and answer these four questions:**



# THE QUESTIONS

- 1. These are the qualities I am willing to demonstrate to produce an extraordinary result out of our session together. I am willing to be: (pick 5 qualities)**
- 2. Am I willing to set aside the opinions, beliefs, and thoughts that may be getting in the way of seeing clearly? Yes**
- 3. Am I willing to be open-minded and fully engaged in order to receive maximum benefit from this time together? Yes**
- 4. Coaching results in action. Am I willing to see, and commit to taking, authentic action? Yes**

Alert  
Appreciative  
Attentive  
Clear  
Compassionate  
Courageous  
Creative  
Empowering  
Enthusiastic  
Flexible  
Focused  
Generous  
Gentle  
Grateful  
Joyous  
Kind  
Loving  
Open  
Present  
Receptive  
Supportive  
Truthful  
Vulnerable

# THE QUALITIES OF BEING

## Where did the Qualities of Being come from?

The choice of these words comes from a pragmatic search over the past 25 years by Dr. Maria Nemeth. They are chosen for the effect they create. In working with over 8,000 people, she discovered certain qualities consistently evoked spaciousness, contribution, compassion and generosity of spirit. The qualities we use give space for action.



# KIND

So far in our Qualities of Being series, we've covered  
Clear, Focused, Supportive, Open, Vulnerable,  
Flexible, Grateful, Present, Courageous, Compassionate,  
Generous, Enthusiastic, Empowering, Alert, Truthful,  
Appreciative, Attentive, Creative and Receptive,  
Joyous and Loving.

**Today we conclude our series with the qualities  
of KIND and GENTLE.**

**I am willing to be KIND.**

What does that mean for you?

What is the energy of to be KIND?

# KIND

## **Definition:**

To be kind is to do good, be friendly; to be gentle and humane; having or showing a generous, sympathetic, considerate attitude towards others.

What do you notice about this definition?

What isn't included?

# KIND

“Being kind is different from being ‘nice,’ although we frequently confuse the two. Niceness is frequently an attempt on our part to be treated in a certain way, or as a means to an end. If I’m nice to you, you’ll be nice to me. If I’m nice to you, you’ll give me what I want, or tell me what I want to hear. Kindness, especially when seen as generosity, is not concerned with what it receives in return.

In fact, real kindness sometimes is not what we would normally define as ‘nice.’ When we are truly kind, we care enough to tell the truth. It may not feel nice to tell someone they have broccoli in their teeth, but it’s certainly considerate and generous.”

- From *Keeping Our Promises* by Stephanie Moyer Seigh



# KIND



Kindness tells the truth.

# KIND

And this can take courage....

“Leave safety behind. Put your body on the line. Stand before the people you fear and speak your mind – even if your voice shakes. When you least expect it, someone may actually listen to what you have to say. Well-aimed slingshots can topple giants. And do your homework.” – Maggie Kuhn



# KIND

I think it's interesting how many of the other qualities of being apply to, and support, being kind.

Generous, truthful, courageous, clear, supportive, vulnerable, attentive, loving – we're being all of these when we're being KIND.

*You never regret  
being kind.*

*- Nicole Sheperd*

# GENTLE

**I am willing to be GENTLE.**

## **Definition:**

having or showing a mild, kind, or tender temperament or character; moderate in action, effect, or degree; not harsh or severe; free from harshness, sternness, or violence

What comes up for us when we say  
we are willing to be gentle?

How many times do you choose this quality  
when you set the arena?

Do we tend to equate gentle with weak in our culture?

What if gentleness is strength?

# GENTLE

“There is nothing that shows your strength better than your gentleness. It might sound a little bit odd. It may come across as some kind of a contradiction, but if you think about it for just a minute it makes sense.

Strength is the ability to do things that need a lot of physical or mental effort. It’s the choice to continue through the pain even when it feels unbearably hard.

Gentleness breeds peace, calm, and consistency of character. It is not volatile or abrupt in its response to the world.

Gentleness is strength because it remains constant and clear-minded across all manner of situations.”

- Andy Mort

***“Most of us, I believe, admire strength. It’s something we tend to respect in others, desire for ourselves, and wish for our children. Sometimes, though, I wonder if we confuse strength and other words—like aggression and even violence. Real strength is neither male nor female; but is, quite simply, one of the finest characteristics that any human being can possess.”*** – Mr. Rogers

# GENTLE

## **Characteristics of True Strength**

There is nothing strong about the person who is quick to lose temper and resort to aggression and violence in their spirit, words, and action. This is anything but strength, it is in fact a display of profound weakness.

The gentle person attracts the trust of others because of this strength. Their character is consistent, reliable, and steady. They are aware of the needs of the people around them and willing to bring their natural and peaceful disposition to the party.

Everyone carries gentleness within the core of their being. I believe that this gentleness pulses deep within us all and that there are certain steps that we can take to actively bring it out to the surface of our characters.

# GENTLE

**So how can we develop strength founded in gentleness?**

What does this profoundly different display of strength look like? There are a few things we can do in any situation to embrace our gentle core and avoid the pitfalls of mindless aggression and violence.

- 1. Be Conscious of Your Feelings**
- 2. Use the Space between Stimulus and Response**
- 3. Allow Yourself to Care**
- 4. Take Your Focus Deeper**
- 5. Decide What You Are Going To Do**
- 6. Follow Up With Anyone Else Affected**
- 7. Record Your Experiences**

[\*\*https://www.andymort.com/gentleness-is-strength/\*\*](https://www.andymort.com/gentleness-is-strength/)

# QUESTIONS?

