

## **What is Coherence Coaching?**

### **A short introduction for interested, potential clients**

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For an introduction to the concept of emotional coherence, please see:

[\*Introduction to the Emotional Coherence Framework.\*](#)

#### **What is Coherence Coaching?**

Coherence Coaching helps you move from where you are right now in your life to where you want to be. A Coherence Coach accompanies you on that journey and facilitates the changes that you choose to make.

In Coherence Coaching, we are always focusing on your own personal life experiences and your own goals and visions. You are the one and only expert with regard to your life, needs, feelings, and assumptions, and your coach deeply respects you as such.

#### **What is “coherent” about this form of coaching?**

How you think, feel, and behave makes sense and is coherent, based on what you have learned from life up until now. Nonetheless, you may want to change something about your life: set new goals, achieve results that have so far eluded you, improve your relationships, reach some complex decisions, and so on. And deep, lasting change is most likely to occur (or most easily facilitated) when it is based on discovery and understanding of the coherent, but perhaps previously out-of-awareness, reasons that have been driving your life choices up until now.

#### **How is Coherence Coaching different from other types of coaching?**

A Coherence Coach works with you to discover the emotional learnings that have shaped the issues you want to examine and behaviors you might want to change. This discovery process is the key to making long-lasting changes. In many other forms of coaching there is an emphasis on immediately beginning to change habits and behaviors, without the benefit of understanding the (very valid!) reasons that those habits and behaviors developed in the first place. A focus on changing behavior first and foremost leads, in most cases, to only temporary improvements, rather than to the long-term, transformational change that is possible with Coherence Coaching.

#### **How is Coherence Coaching different from Coherence Therapy?**

Let's start with what Coherence Coaching and Coherence Therapy have in common, as there is significant overlap. They are both built upon the paradigm described in the previous paragraphs, which we call the Emotional Coherence Framework. Both Coherence Coaching and Coherence Therapy require the belief on the part of the professional that the client has deep, accessible knowledge of his or her “emotional truths”—those basic, unquestioned

assumptions about how the world works. And Coherence Coaches and Coherence Therapists work with a highly overlapping set of interventions and tools.

The differences between coaching and therapy tend to fall into two areas:

### **1. Training**

Psychotherapists have training in recognizing and working with serious life difficulties, like domestic violence, childhood abuse, depression, or major trauma, as well as making judgments about when to send clients to specialized medical professionals for further evaluation. Training of coaches does not typically prepare them to work with such issues.

Coaches frequently have training in a very broad cross-section of coaching techniques and interventions, including systemic questioning techniques, NLP, games for team building, standardized testing for personality analysis, mindfulness and relaxation methods, and many, many more.

### **2. Clients**

The clients who choose to work with coaches are usually more focused on personal growth in the form of specific goals than on serious problems in their lives.

## **For whom is Coherence Coaching appropriate?**

Coherence Coaching is appropriate for anyone who wants to achieve a more balanced, rewarding, and fulfilling life, and who would like professional support along that path.

## **What are typical concerns, desires, or objectives for which people engage a Coherence Coach?**

Here is a small subset of the challenges clients may bring into coaching sessions:

- Things are OK, but I have no clear vision about where I want to be in my life in five or ten years.
- I know I have the potential to achieve my goals, but I need help in actualizing that potential.
- Should I change jobs? I'm having difficulty making a decision.
- Something is blocking me in my career path, but I'm not sure what it is.
- What are my life's purpose and passion?
- I have a feeling my partner and I are talking at cross-purposes.
- I'm afraid to take that next step that could change my life.
- I have a conflict with a colleague at work and want help in sorting it out.
- I need to improve my work-life balance.
- I'd like to develop strategies for dealing with the stress level in my job.
- How can I communicate with my children so that we have more peace at home?

## **General framework and procedures**

The Coherence Coach is your sounding board and a facilitator for you in defining and reaching your goals in life.

You, as client, define the goals for your coaching sessions, and you know best when you've achieved your goals.

Your coach provides a wide range of helpful skills, including:

- listening to you non-judgmentally
- guiding you to become more aware of what really matters to you
- recognizing your existing inner resources as well as helping you cultivate new ones
- providing support and structure when you are taking new steps on your life journey

For more information about Coherence Coaching, please contact:

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