

Narrative Coaching Model



What clients need in order to change

1. Structures for success
2. Willingness to act
3. Trust in self
4. Nonjudgmental awareness
5. Desired results

People will not take the leap/jump if they do not feel safe

Your needs are totally legitimate - it is the strategies you are deploying that may not be the most effective ways to self-regulate emotional state.

What is Narrative Coaching?

Narrative coaching is a mindful, experiential, and holistic approach that helps people shift their stories about themselves, others, and life itself to create new possibilities and new results.

It allows coaches to shed much of what they thought coaching had to be and free themselves to engage more fully and simply with another human being.

Developed through 20 years of study and experimentation, narrative coaching blends principles and practices from psychology, anthropology, and ancient wisdom. Its deep roots and integrative approach means that people can create more sustainable results in less time.

It is based in the rites of passage framework and supports change as a natural human process. It is a minimalist, non-dogmatic and pragmatic approach that gets to the crux of issues and provides structure for the emergence of their resolution.

There are six narrative coaching principles:

- Trust that everything you need is right in front of you.
- Be fully present to what IS, without judgment.
- Speak only when you can improve on silence.
- Focus on generating experiences not explanations.
- Work directly with the narrative elements in the field.
- Stand at the threshold when a new story is emerging.

Ultimately, narrative coaching is an experiential and developmental process of awakening - to what is true, what is possible, what matters, and what works.

