

ICF CONVERGE

OCTOBER 23-25, 2025 • SAN DIEGO



Finding Stillness in Turmoil

Crisis Response for Coaches

Your Presenters



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Anticipating Our Journey Together

Co-create an experience of stillness in connection

Exploring flow and challenge as we coach in contexts of crisis

Creating restorative spaces

Culturally humble coaching with Ubuntu

Call to action

**We invite you to participate
within your learning zone**

For all invitations, feel free to:

Opt In
Opt Out
Opt Sideways *(make creative adjustments)*



Let's go on a
journey of
stillness in
connection
together.

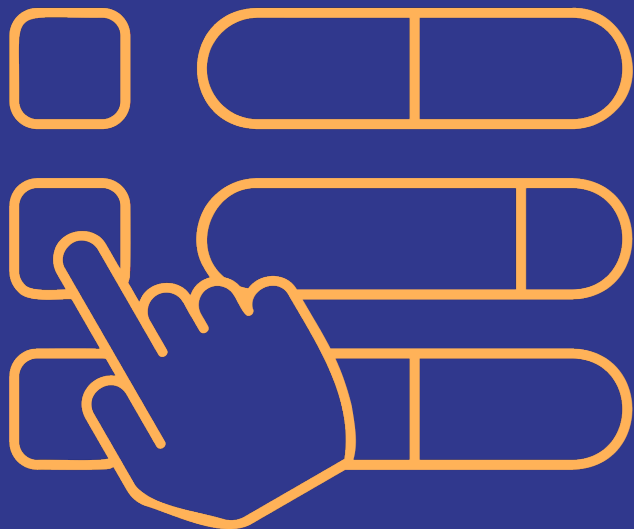
Sit or stand as you
are able.



Turn to a neighbor

Share simply about your experience connecting in stillness.





Poll: Capturing our collective experience

Share a word that describe an impact of connecting in stillness that you or a neighbor experienced.



How does this relate to Coaching in Crisis?



Curiosity Cues

- *How is crisis showing up for you and/or your coachees?*
- *What have you found most helpful for you and your clients?*
- *What are you finding most challenging?*



Crisis Response and Coaching - what gets us stuck?



Crisis Response and the Essence of Being Human



Coaching competencies as a Crisis Response Superpower

Demonstrates Ethical Practice

Embodies a Coaching Mindset

Establishes and Maintains Agreements

Cultivates Trust and Safety

Maintains Presence

Listens Actively

Evokes Awareness

Facilitates Client Growth

Coaches Already Know How to Create Safety

ICF Competency 4 - Cultivates Trust and Safety
ICF Competency 5 - Maintains Presence

***You already bring these essential foundations
into every coaching conversation***

Lessons from the Field of Crisis Response

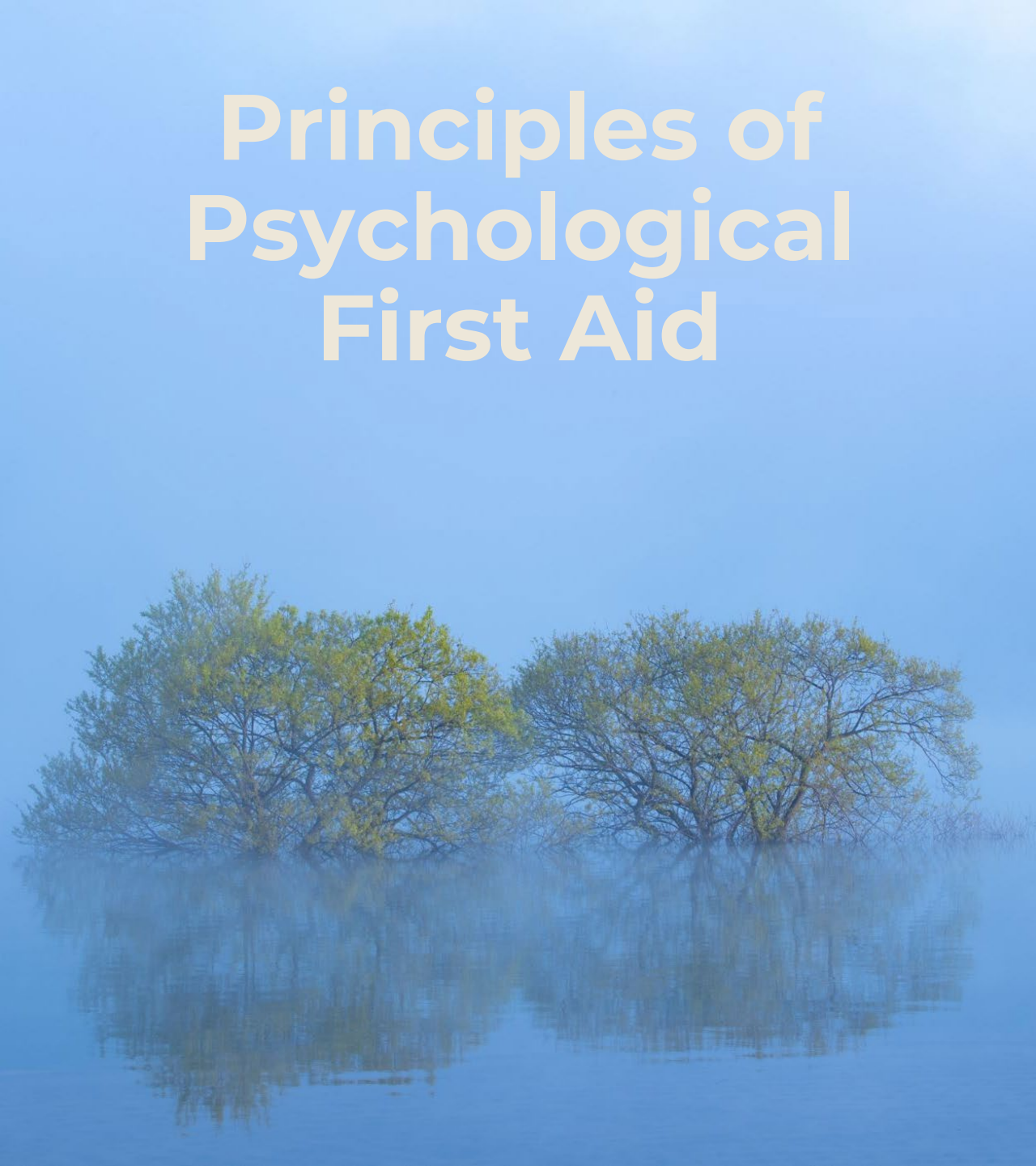
3 essentials

Physical and emotional
containment

Simple gestures of comfort

Space to recover, share if
needed





Principles of Psychological First Aid

Promote **safety**

Promote **calm**

Promote **connection**

Accessible to all, not
therapy

Essence of Restorative Space

Coaching ≠ Mental health treatment

Boundaries of competence

What we *can* do:

- Create space for stillness and connection
- Integrate mindfulness and restorative practices
 - Link to resources and supports

What we *don't* do: diagnose or treat



Pause-Reset-Nourish

A photograph of a red wooden door with vertical planks, set within a stone archway. The arch is constructed from light-colored, rough-hewn stones. The door is slightly ajar at the bottom. The background wall is made of light-colored, textured plaster. The foreground is a dark, wet asphalt surface.

Culturally humble coaching

Understanding Ubuntu

“(As *humans*, we) ...have a thing called Ubuntu. It is about the essence of being human. It is part of the gift that (*attuned humans*) ... will give to the world. It embraces hospitality, caring about others, being willing to go the extra mile for the sake of another. We believe that a person is a person through other persons; that my humanity is caught up and bound up in yours. ***When I dehumanise you, I inexorably dehumanise myself.*** The solitary human being is a contradiction in terms, and therefore you seek to work for the common good because ***your humanity comes into its own in community, in belonging***”. (Desmond Tutu)



What is Ubuntu?

Ubuntu is ...“that divine micro-chip in our hearts (...and in the centre of our being) that tells us what is right or wrong; and guides us through life in accordance with the divine will (*whatever your divine is*)”

(Bhengu, 2006: p.19).



Understanding Ubuntu

*“Ubuntu is the humanistic experience of **treating all people with respect**, with humane dignity. It encompasses values of sharing and universal ‘humane-hood’, and respect for other beings. **It is a belief in the sacredness of all human beings, and is a life-long process...**”*

(Bhengu, 1996, in Ubuntu in Action)



Ubuntu Intelligence



Ubuntu Intelligence requires new mind-sets and especially new heart-sets that enable us to see the self in the other, and most importantly, to feel genuine empathy and connection with other beings. Neuroscientists have discovered we are born with this connection to others and have learned and been programmed to separate.



It starts with YOU.

Ubuntu is
inherently about
collective
accountability

Engagement Session

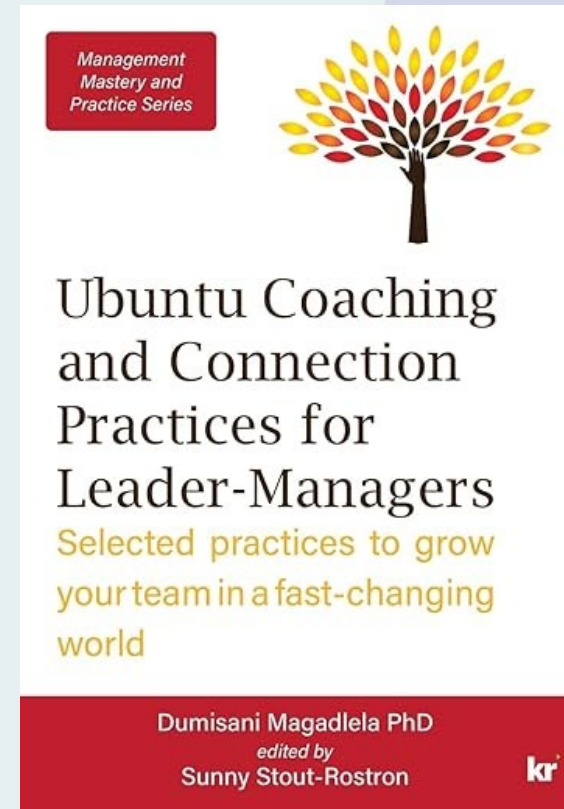
Complete this sentence with your neighbor:

*“My human connection ‘superpowers’
are...”*

TIP: ...do not explain yourself!! Share from the heart!

Resources

Magadlela, D. (2023). *Ubuntu Coaching and Connection Practices for Leader-Managers: Selected Practices to Grow Your Team in a Fast-Changing World*. KR Publishing.



Resources (cont.)

NCTSN Learning Center. *Psychological First Aid Resources*.
<https://learn.nctsn.org/course/index.php?categoryid=11>

NCTSN *Pause-Reset-Nourish to Promote Wellbeing*.
<https://www.nctsn.org/resources/prn-to-promote-wellbeing-as-needed-to-care-for-your-wellness>

WHO. *Psychological First Aid: Guide for Field Workers*.
<https://www.who.int/publications/i/item/9789241548205>



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