

ICF CONVERGE

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Leading With Life: Coaching As A Regenerative Practice

Coaching is already highly aligned to the patterns of living systems, and yet there is still a significant gap to cross before we, as coaches, are working in a truly regenerative way... coherent with all of life, in service of human *and* planetary well-being, in other words... coaching *beyond self*.

What Could It Look Like For You?

Using the table below as your guide, imagine what it could look like for you to step into coaching in the *beyond self* realm.

Most Valuable Self	Best Self	Whole Self	Beyond Self
Maximize	Optimize	Integrate	Regenerate
Performance	Balance	Wellness	Coherence
Output	Outcomes	Unfoldment	Aliveness & Emergence
Extracts Energy	Sustains Energy	Restores Energy	Generates & Recycles Energy

- How might you bring more of **your own aliveness** into coaching?
- How might you invite more aliveness from your clients, and **generate energy**?
- How might you **create the conditions** for more aliveness and emergence within the coaching relationship?
- What **resources or nutrients** would you need to source, e.g. complexity skills, scale agility, change artistry?

What Could It Look Like For Our Profession?

How might we re-imagine coaching as an **ecosystem service** coherent with all of life, that contributes to the transformation of entire systems? Consider:

- **Reward structures** in the coaching industry and the types of capital in circulation, e.g. social, natural, cultural, and financial.
- **Empowered participation by all** and the circulation of energy, information, and resources in our industry.
- **The role of place**, proximity, and our relationship to the land on which we do our work.
- **The role of scale** and long-term holistic thinking for systemic impact.

Resources For Further Exploring

Climate Coaching Alliance <https://www.climatecoachingalliance.org>.

Inner Development Goals <https://innerdevelopmentgoals.org>.

With Life Collective and Courses <https://www.withlife.net/collective>

Systems Scribing Lab and other courses with Kelvy Bird <https://kelvybird.com/systems-scribing/>

The Week <https://www.theweek.ooo>