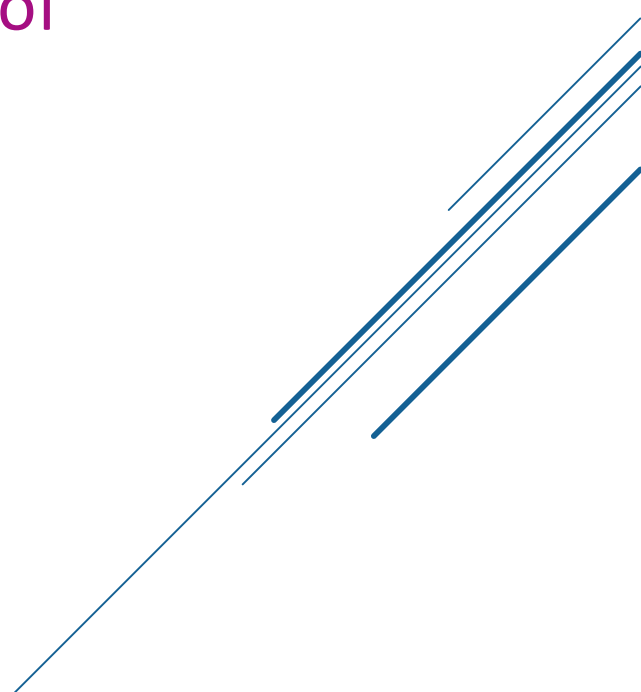


## WRITE IN CHAT:

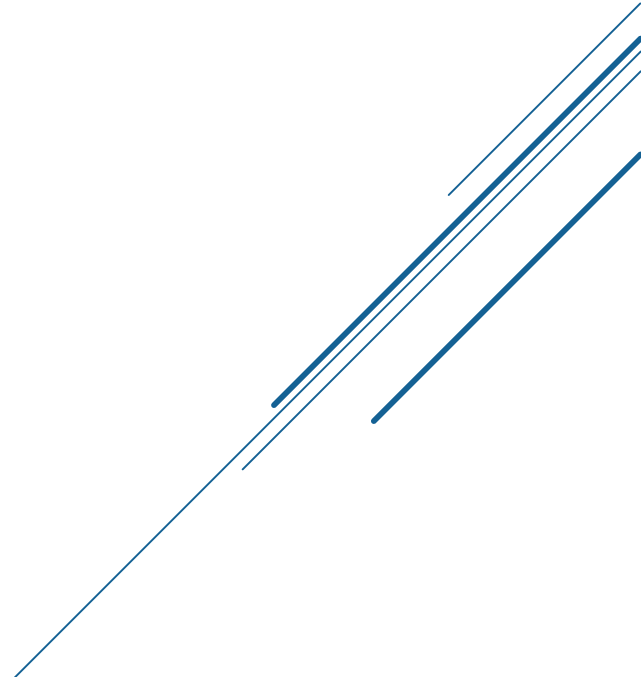
- ▶ What is the best possible outcome for you as a result of participating in this virtual event?





Arizona  
Charter Chapter

COACHES RESPONSE TO COVID-19





**PATRICK WILLIAMS**  
Transformational Living

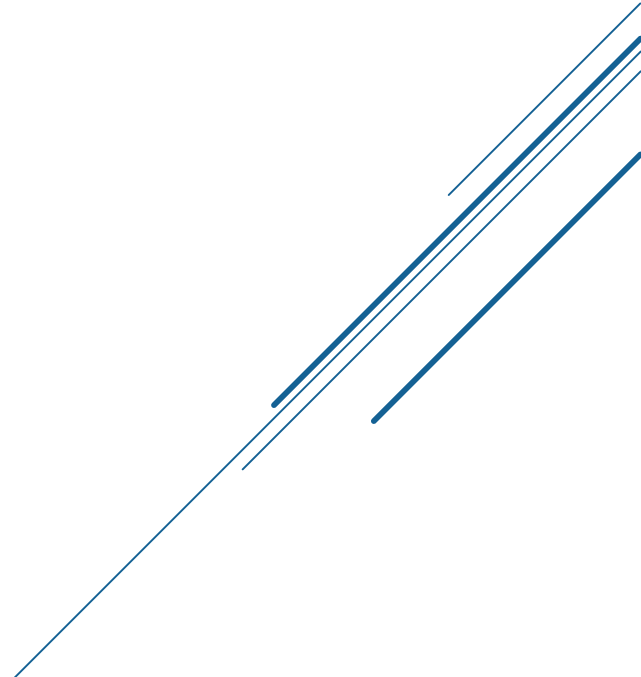
## Coaching in Crisis:

*Coaching is the unique conversation space where whole hearted conversations take place and transformation can occur.*

Needed now more than ever

# BREAKOUT: 10 MINUTES

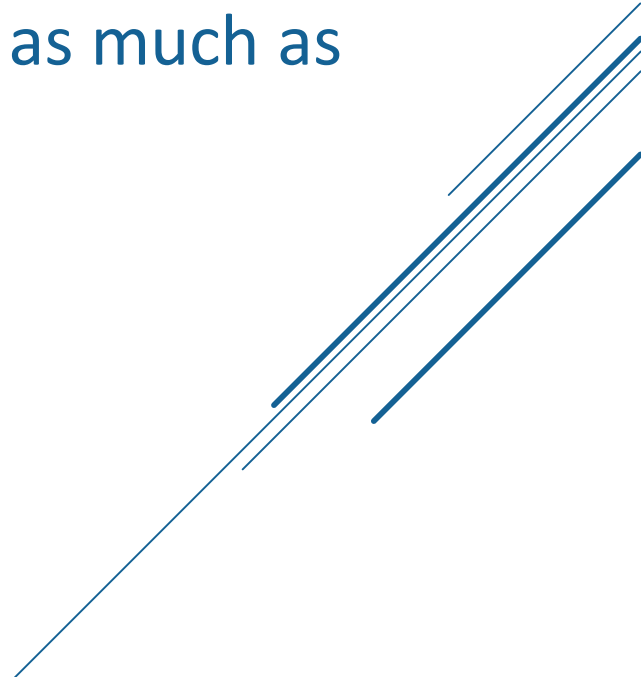
- ▶ Share: What are you experiencing right now?



# What is the coaches' response to SELF and CLIENTS and COMMUNITY?

How coaches can maintain their mental health,  
step coherently into VUCA environment  
(volatile, uncertain, complex, ambiguous)  
and make a difference in their communities?

"in trying to help others, we might come to realize that compassionate action involves working with ourselves as much as working with others." -Pema Chödrön



# Our BEING in Coaching

- Staying sharpened (Covey , Dickens and Pangloss)
- Staying present
- Staying aware
- Coaching from the Inside/out
- Importance of self reflection and mentoring/peer super-vision



# *When Anxiety Arises* | A Meditation

*Sitting comfortably, preferably outside, or near a window, contemplate each set of phrases as you gently breathe in and out three times.*

- Breathing in, I follow my breath all the way in.  
Breathing out, I follow my breath all the way out. (3x)
- Aware of the life-sustaining oxygen filling my lungs,  
breathing out I send loving gratitude for Earth's precious Atmosphere. (3x)
- Aware of the healing sunlight touching and penetrating my body,  
breathing out, I send loving gratitude for the Fire of Creation. (3x)
- Aware of the fluids circulating in my body, keeping me alive,  
breathing out I send loving gratitude for the mighty Waters of the Earth. (3x)
- Aware of the firm ground beneath me, the living body of our planet,  
breathing out, I send loving gratitude for Mother Earth, supporting me. (3x)
- Breathing in, I feel calm and free from anxiety.  
Breathing out, may all living beings be well. (3x)

# Wisdom from Science and Psychology

Five tips on for avoiding “spreading fear” as a psychological virus

1. Stop obsessing
2. Switch thoughts
3. Set Limits
4. Self-observe
5. Self-Love

From “Fear and the Coronavirus: Why you should not be afraid”  
by Moshe Engelberg Ph.D (in Thrive Global)

Viruses may be contagious, . . .

. . . but so is Courage and Positivity.

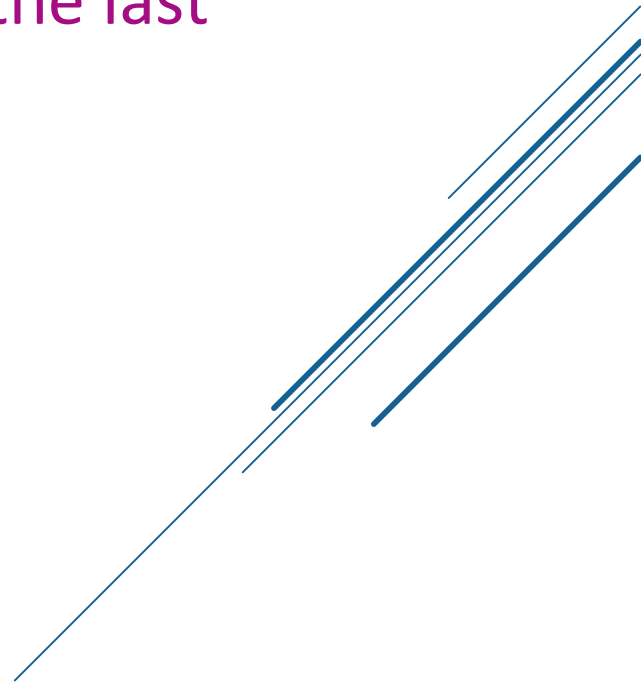
# Coming together while staying apart

Isolate physically, but not emotionally or spiritually. Make this not just about yourself. Check in on older family members or neighbors and friends to connect and see if you can provide any comfort or errands perhaps. Think of the people who might need your assistance.

Cherish the Tribe

# WRITE IN CHAT:

- ▶ What have you done to stay connected with others in the last week?



# BREAKOUT: 10 MINUTES

- ▶ One year from now, as coaches what do we want society to be saying about coaches' response to COVID-19?



# A POEM FOR NOW

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed and the people joined together again, they made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed."


~Kitty O'Meara'~

# USEFUL REFERENCES

- ▶ <https://www.washingtonpost.com/> *March 17/2020 Mental health experts offer advice for staying calm during coronavirus*
- ▶ <https://www.washingtonpost.com/> *March 16/2020 a psychologist's science based tips for emotional resilience during the coronavirus crisis*
- ▶ <https://www.inc.com/cameron-albert-deitch/remote-work-advice-best-practices.html>
- ▶ <https://thriveglobal.com/stories/fear-and-the-coronavirus-why-you-should-not-be-afraid/>
- ▶ *Reference: Luthans, F., & Youssef-Morgan, C. M. (2017). Psychological capital: An evidence-based positive approach *Annual Review of Organizational Psychology and Organizational Behavior*, 4, 339–366.*
- ▶ *For coaches [www.ConsciousLivingMastery.com](http://www.ConsciousLivingMastery.com) an online course for transformation for you and your clients.*



# PLEASE WRITE IN THE CHAT

- ▶ Beyond virtual events like this, what is the #1 thing ICF Arizona (or your ICF Chapter) can do to add value to you and your coaching practice? (We'll share the info with your chapter leaders.)
- 
- A decorative graphic consisting of several parallel teal lines of varying lengths, slanted upwards from left to right, located in the bottom right corner of the slide.

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