

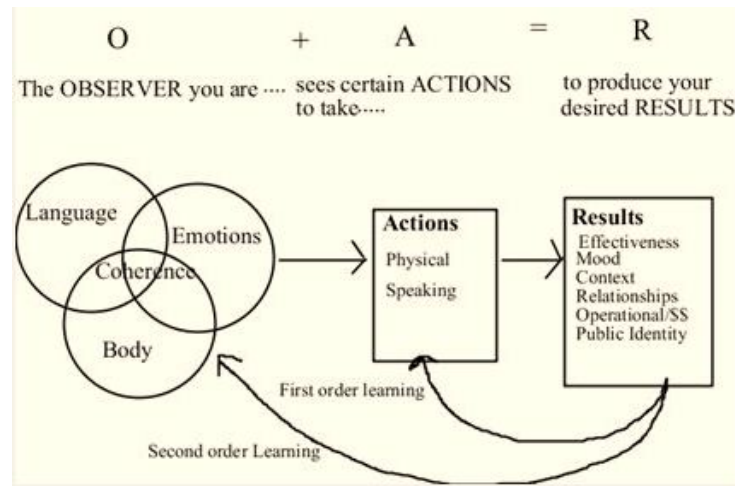
Courage to be ...!

"We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us."

Joseph Campbell

Have you ever wondered what happened to your life while you were busy making plans? The accelerated pace of change in our personal and professional lives has left many feeling overwhelmed and having challenges coping. This can show up as dissatisfaction, stress, anxiety, depression, frustration or withdrawal. The barrage of change is coming at us from many directions at once including technology, values, economics, social structures, and the environment. Many people are finding that their usual plans, patterns of behaviour and action are no longer producing the results that they expect or desire. We are in the midst of a major shift in how we live and relate to the world that demands transformational change in how we think, act and live together in the world more productively and harmoniously. This is about our way of being in the world or **ontology**.

Producing deep and sustainable change in our way of being and adaptiveness to the changing environment is an ontological shift. This is not about personality change, but about shifting the drivers of our behaviour that are directly linked to the observer that we are in the world. The Newfield Network's Observer/Action/Results (OAR) model helps us to understand how we achieve the results that we achieve in our personal and professional lives.



Typically we understand that any action that we take or non-action will produce a result. Actions can include speaking or something that we do physically. Sometimes actions produce the results that we want and we will continue with that action. Sometimes our actions do not produce the results that we want, so we will change our action with the idea of getting a different result. This is called first order learning.

What is less well understood is that the actions that we take are closely linked to the observer that we are. The way we see things precedes any actions that we take, but we are often "blind" to the observer that we are. The observer is made up of a combination of three domains: our physical body (which includes our biology and the way we move), our language (both what we speak and our inner dialogue) and our moods or emotions. If we don't like the results we are getting, it is important to step back to notice the observer that we are and how that impacts the actions we take and the results we obtain. If we can change the observer that we are, we create new options for action and different results. We call this Second Order Learning and it holds the possibility for truly transformational learning and shifting in our ways of being.

People will seek coaching when something is no longer working that they wish to change or they want to create a different future. Ontological coaching helps clients become different and more powerful observers of the observer that they are, enabling them to take more effective action. It opens up perceptions to the possibilities for a life that is waiting to be noticed. Ontological coaching can help you to discover your courage to be.....anything you desire.

References:

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